MRS. ROGER'S DIET FOR THE SICK

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Mrs. Rorer's Diet for the Sick

Dietetic Treating of Diseases of the Body, What to Eat and What to Avoid in each case, Menus and the Proper Selection and Preparation of Recipes, together with a Physicians' Ready Reference List.

By

SARAH TYSON RORER

Author of The Philadelphia Cook Book, Mrs. Rorer's New Cook Book, and many other valuable works on Cookery.

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FOREWORD

This book has been written especially for the sick. The foods here recommended for special diseases are not suited to the well. A person in perfect health must simply repair the tissues of the body with proper foods, every twenty-four hours; but when ill, the first object is to regain health, with a special diet suited to the disease. Simple, easily digested foods recommended for the sick are not necessarily good for even children or invalids; in fact, foods for the well and foods for the sick are not interchangeable.

My sole desire in writing this book has been to assist those persons who must care for their sick at home, and the doctor and the nurse, without trespassing on the domain of either. In disease each case requires special attention, and the knowledge that comes from observation cannot be supplanted by any dictated rules. Book directions are valueless unless modified by common sense.

I have purposely avoided the caloric plan of feeding, as I find many physicians who object to this theoretical and mathematical method of feeding, especially in diseases of the stomach and intestines.

As an assistance to my thirty years' experience in feeding the sick, I have read most of the recent works on diet, and have added any new ideas that have been well tried out. The lists of foods given for each disease may be depended upon for ordinary cases, but each case must be watched carefully and the food changed if it does not agree. The value of a thorough acquaintance with the facts and the requirements of each individual disease cannot be too highly estimated.

Bartholow says: "The food supplied to the organism may be so managed as to secure very definite therapeutical results, and by employment of a special and restricted method of feeding, cures may be effected not attainable by medicinal treatment."

A WORD TO THE WISE

As food is the most important of our wants, it is wise to say a word about diet in health before we discuss diet in disease.

"An ounce of prevention is worth a pound of cure."

Food requirements vary with the occupation, climate and method of life, but a general outline may be followed by all healthy, right living persons.

Do not place too much dependence on individual opinions. Startling announcements are every now and then made that some one form of food has produced a wonderful cure, or has made persons very ill. These statements are, as a rule, exaggerated, and many of them are advertisements for patented foods.

Do not go off on a tangent and follow every new line of diet that is recommended. Stop, look, and listen, before you cross the road of the faddist. A correct diet must contain all the nutritive elements of the body in proper proportions—protein, carbohydrates, fats, minerals, water and air.

Study the chemical elements of the body, and the natural foods that will best feed these elements. Do not think too much about your food, and never talk of it at table. Keep your mind free from fear, and do not imagine that you have indigestion simply because you feel uncomfortable after eating; you probably have eaten too much.

It is not the amount of food one eats that builds the body, but it is that which is digested and assimilated. Cease eating before you have a sensation of fullness; distention of the stomach frequently makes digestion lax, and overtaxes the heart and excretory organs.

One must enjoy food in order to have it do its best work; one's table must be in harmony with one's self.

Eat just enough, but not an ounce too much. "Keep the patient well nourished" has taken many a person out of

the world who might have lived comfortably for many years on a slim diet or a partial fast during an illness. A loss of appetite is Nature's way of saying: "fast." Give thought to your food in selection, cooking and combinations. Variety is necessary to keep up the appetite and produce health.

Do not live, for instance, every day in the year, on roasted meat and mashed potatoes. If your neighborhood does not give full markets, change the accessible foods by different methods of cooking. For instance, beef may be broiled, roasted, baked, stewed, rolled, spiced, chopped and made into twenty different dishes, and still it is all beef.

Do not eat unhealthful combinations. Flour, fruit and butter are excellent foods in their places, but when made into complicated puddings or pies, are difficult of digestion. Time, money and health have been wasted.

Do not cater to habits; they are blots upon your character; get rid of them as soon as possible. If your father and mother had them, so much the greater need for you to struggle against them, that the next generation may start life without a handicap.

Do not make excuses. Nature knows nothing of circumstances. Her laws are harmonious, and if they are broken, you must pay the penalty. She never forgets, nor does she forgive bodily abuses. Knowledge is one thing, but the intelligence that puts knowledge into practice is quite another thing. Be intelligent.

Do not eat when tired.

Masticate thoroughly every mouthful of food, solid or liquid.

Masticate all hard foods until they are soft; do not soften them with liquids.

If your digestion is already impaired, bring it back to its natural condition by selecting proper food, with not too great a variety at one meal. Good results are obtained from eating meat at one meal, and starches at another.

Avoid all fried foods; the frying pan is a remnant of barbarism.

Life and vigor do not depend on the amount of meat one eats.

It is far easier to keep well than to allow one's self to run down, become ill, and then try by a curative diet and drugs to get back to the right road.

The dietary of the so-called civilized people of the world, has come largely from the teachings of convenience and instinct. Primitive man must have thought little about the question of dietetics. He probably knew nothing of food values, and like the Eskimo ate and drank that which was accessible, and consumed enough to keep up activity and health. Can any student of dietetics truly say that we, in this twentieth century of learning, with all our experiments and knowledge, have thought out or taught a better method? Even among the learned, the palate is still the guide, and "I like" or "I do not like" plays the most important part in the daily bills of fare. The animal of our existence is still prominent, and what we call natural instinct or natural tastes have been largely influenced by our parents and conditions of life.

Modern dietitians argue that a diet composed largely of lean meats is best for the business man, and a vegetable diet is best suited to the outdoor laborer. Examinations, however, prove that the average United States business man breaks down between the ages of forty and fifty, with diseases that come from an over-nitrogenous diet. If the organs of the body are made to do the work in forty years instead of in eighty, as planned by Nature, a man at forty is eighty years old. We have been told over and over again that "man is as old as his arteries, digestive and excretory organs." A man is what he eats, and the diet he selects is the measure of his intelligence.

We have been teaching diet, cookery and methods of serving in all our public schools for thirty years. Have you noticed any great change in the family tables of the masses?

Have the fried pork and fried potatoes been replaced by carefully selected and broiled meats? Have the fruits been served in perfection, or are they still stewed with sugar for hours? Are the dining-rooms artistic and restful, or are they still semi-barbaric? I see but little change, and I do not believe that we can reach our highest attainments without being artistic and learned in all branches that pertain to life and living.

A very young child can easily be taught the needs of the body and how to select a general diet. One need not necessarily weigh or measure every mouthful of food nor give hours to the thought and preparation of a meal at the expense of every other thing in life.

Serve every meal, three times a day, three hundred and sixty-five days a year, in a simple, artistic fashion. Sit down, eat slowly and comfortably, and enjoy it. Eat to live. Health is always worth while.

A little reading and a few weeks' good study will enable any housewife to create from the materials at hand, acceptable bills of fare. She must first learn combinations that go to form a balanced ration. She may have fat pork and beans, lean beef and potatoes, desserts made from starchy foods and fruits, but not eggs and milk, after a meat dinner. Bread and butter, not bread and molasses. Meat, potatoes and cauliflower or cabbage, not meat, potatoes and rice. One starchy food, one green vegetable, one nitrogenous dish. A purée of lentils, with baked potato and tomato salad, with bread and butter, form a complete meal. Beef or mutton, following purée of lentils, upsets the balance and gives too much nitrogenous food.

Use plenty of pure cold water; take it at the end of the meal, and drink it freely between meals. Do not wash your foods down with slops—tea and coffee saturated with sugar and milk.

If you have aches and pains, stop and think what natural law you have violated. When you discover the

error, avoid it at another time, for simple errors, repeated frequently, produce incurable diseases.

The Bath—Bathe every day in cold or tepid water, and rub thoroughly to keep the skin active. Live and sleep in the open air. I have frequently noticed that persons who are afraid of air are unhygienic and uncleanly in other respects.

Appetite—The true natural appetite is a calling of the tissues of the body for sustenance, not the gnawing of an ill-fed stomach. When one is constantly overfed, naturally the appetite flags. A fast of three or four days, drinking plenty of water, will bring about satisfactory results.

Do not tempt the appetite when it flags; give it a rest.

Do not resort to tonics or stimulants, for in nine out of ten cases, the pricking up of a flagging appetite is dangerous. Natural conditions are cast aside; tonics, stimulants and appetizing foods are temptations. Appetites thus created are unnatural; you overtax your digestion and are now really sick—not because you ought to be, but because you have not listened to Nature's warning.

Light breakfasts are always desirable; they prevent the appetite from flagging. A cup of black coffee, early in the morning, with no food until twelve o'clock, is an excellent cure. The "torpid liver" becomes active, and the ever-present headache disappears. Cut off all sweets at the end of meals. Do not drink tea and coffee, except the one cup early in the morning. Do not eat until food tastes good. One can take the "appetite cure," as well as the "tuberculosis cure," within the four walls of his own home, if he will only obey Nature's calling. Use the money spent for traveling, on food and conveniences, and cures will come easily. There never was a more foolish fashion than trying to get well traveling from pillar to post. Stay in comfortable quarters, build your own outdoor sleeping rooms, and later you may take a journey for pleasure, not for health.

Avoid pies, cakes, preserves, dishes of rich meats, highly-seasoned sauces and soups. A half pint of hot, scalded, not boiled, milk, sipped before going to bed, will relieve hunger and induce sleep.

As a rule, foods that are pleasant to the palate, and do not give discomfort, are not injurious. This does not mean that the nurse or caretaker must listen to the notions of the sick. Even in health, habit and early training decide the appetite. The mother likes and dislikes things, and in bringing up her children she teaches them her own shortcomings.

Sightly foods, with pleasant odors, nicely served, frequently induce a patient to eat, but as a rule, the sick will never overeat unless they are mentally deranged. Complete satisfaction of the appetite comes from the stomach, not from the palate. Palate appetites frequently create disturbances which complicate after feedings. The sick, more than the well, take note of results, and when once overfed they mark the discomfort and remember it, and frequently refuse even plain foods that heretofore were acceptable.

Monotony will destroy even a good appetite. When only one or two articles are admissible, change the flavor by some simple method. Seek new ways of serving; use new flowers for decorations; change the china in the service. Even a new doily, or a new tray, will attract attention.

Appetite is a useful, but not an infallible guide to a correct diet.

A FEW GOLDEN RULES FOR THOSE WHO FEED THE SICK

First of all, I should like to impress on the minds of the attendants that constant nourishment does not always bring about good conditions or cures.

When the appetite flags, stop feeding.

Study the case carefully, and give the food indicated by the disease.

If the trouble is acute, give the parts of the body most affected by the disease, rest.

If the trouble is chronic, give the parts most affected by the disease, moderately good exercise.

If a person has tuberculosis, for instance, give a goodly quantity of fats and oils, eggs and milk, rich in those elements which will give the lungs good healthful exercise.

Pneumonia, an acute trouble, will recover more quickly on skimmed milk, beef tea and foods deficient in fat.

Acute indigestion can be corrected quickly by a fast of two or three days.

Chronic indigestion calls for foods that require a slight effort on the part of the digestive tract to excite the necessary digestive fluids.

A diet for the sick is not a normal diet, and is absolutely unsuited to those in health.

If the person is very ill, give liquid foods through a glass tube or a straw. This will excite a flow of the secretions of the mouth and aid digestion.

Forget the isolated facts that you have stored up from everyday sayings, and apply common sense to each patient, for each is a law unto himself. Do not give four hundred calories of food, for instance, if only two hundred can be digested. Rigid rules usually have exceptions.

Never overfeed the sick; it ruins digestion and hinders cure.

Arrange all foods in an attractive and dainty manner; see that the silver is bright, the china clean, that grease is not floating on the top of soups. A cup of unskimmed beef tea will frequently upset the patient and destroy a liking for all soups.

Do not overload a dish; it robs a delicate patient of his appetite.

See that all foods are well cooked, well blended and nicely garnished.

Do not speak of the quality of food, nor its character, nor what *you* like, before the patient. Avoid conversations about food, especially while the patient is eating.

While nursing is not the province of this book, I should like to say to the nurse: do not dwell on unpleasant conditions while the patient is eating. A patient disturbed in mind cannot get the best results from food. Any excitement preceding or during the feeding hour will produce unfavorable conditions, even if the food is correct.

Do not think that every ounce of meat your patient eats is an ounce of nourishment or strength, for this is a great mistake.

Milk is the most important of all foods for the sick; eggs, perhaps, come next, and in some cases fruit juices are of first value.

Do not cram your patient. If the digestive organs are over worked, the heart will be affected and the patient generally worse: sick people, as a rule, require rest, not labor.

"Keep up the nourishment" has killed many a person. "Keep the patient alive on a rational and limited diet" is a much wiser saying.

Do not rely on the patient's judgment. There are thousands of misfit palates in the world.

Do not dish foods before the patient; bring the tray complete. If foods must be cooked in the kitchen and brought directly to the sick room, the nurse must have them placed out of sight of the patient until she can over-

look and rearrange the tray. A dish of oatmeal porridge, with a little spilled on the outside, will frequently produce nausea.

The sick are supersensitive; every dish, no matter how simple, must be perfectly prepared and well served.

Remove immediately from the sick room every particle of left-over food; do not reheat or serve it again. Do not repeat a dish in less than two days, if possible, unless the patient is on a milk diet. A mistake of this kind will frequently rob the patient of appetite and complicate feeding. Serve hot foods comfortably hot, on hot dishes, and cold foods comfortably cold on cold plates.

If flowers are used for tray decorations, see that they have an agreeable, mild odor; heavy odors frequently destroy the appetite. Violets, roses and pansies are to be preferred.

PART I

DISEASES

ASTHMA

This disease usually overtakes those who overeat or eat hurriedly, and those who "nibble" between meals. The asthmatic patient, as a rule, is not particular as to the character of his food, if the quantity pleases his eye. The stomach is forever at work, the digestive powers are worn out, unnatural fermentations are developed, and the poisons formed are taken up by the circulation. The victim becomes exceedingly sensitive to changes in the weather, takes cold easily, and is always looking for drafts.

The great difficulty in the treatment of asthma is that the disease travels slowly, and is frequently in the chronic stage before medical advice is sought. The disease may be cured permanently if medical advice is aided by a correct and restricted diet.

Asthmatic patients must never dissipate; they must not overeat. Flatulency and indigestion are the forerunners of severe attacks, and even after a cure has been brought about, such persons can never again eat and drink with impunity. Each attack becomes more difficult to cure.

Air and water are necessary accompaniments to good diet. Keep the pores of the skin open; live in the open air both day and night.

All foods must be cooked without fat. If the patient has been accustomed to taking coffee, drink a small cup early in the morning before the general breakfast. Green vegetables must be crisp, carefully washed and cooked in salted water, or served raw with olive oil and a few drops of vinegar. All foods must be thoroughly masticated.

Divide the meals into convenient hours, five a day if necessary, three preferable. Use all starchy foods sparingly.

MAY EAT

Clear soups
Lean beef
Mutton
Poultry
Venison
Sweetbreads
Tripe
Broiled white-fleshed fish
A little lettuce
Tender celery
Stewed cucumbers
Squash
Cress
Jerusalem artichokes
Globe artichokes
Spinach
Almonds
Brazilian nuts
Prunes
An occasional baked apple
Oranges
Grape fruit
Plums
Strawberries
Currant juice and raspberries
Blackberries
A little apple butter
An occasional baked potato at noon
Eggs
Rice pudding, unsweetened
Shredded wheat
Whole wheat bread, twice baked
Gluten bread
Gluten biscuit
Coffee, early in the morning
A cup of weak tea in the middle of the afternoon
Milk and milk preparations
Buttermilk
Bonnyclabber
Koumys, Matzoons
Orange marmalade

AVOID

Fats
Fried foods
Sweets
Pies
Cakes
Puddings
Starchy desserts
Mashed potatoes
Gravies
Highly-seasoned soups
Cheese
Cabbage
All cereals
Breads, except twice baked
Whole wheat bread
Underground vegetables, as turnips, carrots, asparagus, salsify
Pork
Veal
Warmed-over meats
Acids, as pickles

MENUS

The following menus are arranged to show combinations of food, and how great a variety can be selected from a restricted diet.

After an acute attack, give the patient only milk and milk preparations.

Breakfast, seven o'clock. Two broiled chops. Peeled sliced tomato, plain.

Ten o'clock. A half pint of either buttermilk or sweet milk, koumys or matzoon, taken slowly.

Twelve-thirty o'clock. Rare roasted beef, spinach, lettuce salad with French dressing, almond wafer.

Supper, six p. m. Three good-sized pieces of zweiback with a half pint of hot milk, over which grate the yolks of two eggs that have been cooked thirty minutes.

Plain apollinaris or vichy water may be taken between meals.

Breakfast, seven o'clock Broiled white fish. A slice of toasted gluten bread.

Dinner, twelve-thirty. A bowl of clear soup. Boiled mutton, mint sauce without sugar, made simply by pounding the mint in a little vinegar. Plain boiled cauliflower. Sliced tomato with a little French dressing. Almond wafer.

Supper, six p. m. Half of a broiled chicken with two whole wheat crackers which must be thoroughly masticated.

Breakfast. Baked apple. Two soft-boiled eggs. Two whole wheat crackers.

Dinner. Clam broth. Roasted chicken. Two tablespoonfuls of boiled rice. Two tablespoonfuls of carefully-cooked spinach. An almond wafer, and an after-dinner cup of black coffee.

Supper. Toasted whole wheat crackers spread lightly with two teaspoonfuls of peanut butter, masticated thoroughly.

Just before retiring, sip slowly a half pint of hot milk.

Breakfast. Chopped meat, quickly broiled over a clear fire. Four tablespoonfuls of thoroughly cooked gluten, with a little milk poured over; it may be eaten with the beef.

Dinner. A bowl of clear soup. A juicy broiled steak, with a baked tomato. A little finely chopped celery, with French dressing. Two almond wafers or toasted pilot bread.

Supper. A pint of carefully-baked custard without sugar. A Roman meal cracker may be masticated and eaten with the custard.

Breakfast. Broiled sweetbreads. A cup of clear coffee.

Dinner. Clear chicken soup. The breast of a carefully-boiled chicken. Young tender peas pressed through a sieve. A little lettuce salad with French dressing. Two almond wafers. A mellow peach, or a baked apple, or a dish of stewed prunes may form the dessert.

Supper. A pint of carefully-made rice pudding.

Breakfast. Broiled mushrooms served on a slice of very hard-toasted bread, masticated thoroughly.

Dinner. Clear soup. Roasted mutton, carefully-cooked cauliflower or Brussels sprouts, two baked onions and a small cup custard without sugar.

Supper. Either a pint of buttermilk sipped slowly, or a pint of junket eaten with two almond wafers.

TUBERCULOSIS

Doctor Osler tells us that the cure of tuberculosis is largely a question of nutrition; if one can make the patient grow fat, the local disease may be left to care for itself. As eggs, cream and milk are easily digested, and are rich in fatty matter, we at once turn to these as the all-important foods. It was only a few years ago that tuberculosis patients were sent to the country, where they might drink the milk warm from the cow. There seems to be more virtue and more health-giving qualities in milk with the natural warmth than in milk artificially heated.

The cure of tuberculosis depends upon pure air, both day and night, and correct nutrition. The disease calls for easily-digested fatty matter—cream, butter, olive oil, marrow, the yolks of eggs. I am speaking now of pulmonary tuberculosis. From the first the patient must be impressed that if a cure is to be effected, the given rules must be carefully followed, otherwise the race is not worth the running.

The amount of food and the hours of feeding must be regulated by the condition of the patient. The writer cannot establish rules, as each patient is a law unto himself. Be careful, however, not to overeat. On the other hand the appetite must be kept up by a pleasing, well-served variety of food.

I fully believe that almost any tuberculosis patient, not too far gone, can be cured at home, providing he will follow directions, better than at the average, poorly-managed sanitarium. In many sanitariums too much dependence is placed on climate and air and too little on correct diet. Stay at home, build an outdoor sleeping room, wear warm clothing, not necessarily wool—linen is preferable. Take milk and eggs in large quantities between meals.

To keep up the appetite change the method of serving both the eggs and milk. At one time separate the egg, beat the yolk, add the white and a little powdered sugar; later

drink a glass of milk. At another time, take eggnog; or shake the whites of eggs with milk, and use the yolks, hard boiled, grated over toast as a supper dish. Do not give too much meat; it is not as nutritious as eggs and milk, and nourishment is of cardinal importance. Give nut dishes, Brazilian nut butter, cocoanut cream and egg occasionally, in the place of cow's milk. Use now and then for an afternoon luncheon a cup of well-made chocolate, with whipped cream, in place of egg and milk.

At regular meals give purée of beans, lentils or old peas, made with good stock, and thinned with milk or cream; or cream soups, well-roasted beef and mutton, boiled rice or potato, and hard bread that will require mastication, breakfast bacon, with eggs, and fruits.

It is necessary for dispensary nurses, who visit the patients at their homes, to select the most suitable from foods that are accessible and within their price limit. If eggs and cream are expensive, substitute bacon, meat stews, hominy, lentils, peanut and bean soup, cornmeal mush, oatmeal, milk and suet puddings, and the cheaper fruits, stewed prunes and baked bananas.

Arrange the meals for ordinary patients as follows: Early in the morning give a cup of hot milk, flavored with strong coffee, no sugar. The patient may rest a half hour, then bathe, then rest again for half an hour, and breakfast. Give orange juice or other fruit, and a well-cooked cereal with cream, or two shirred eggs with two slices of broiled bacon and a half ounce of butter on a bit of toast. For variety, if the patient is a meat eater, give a couple of broiled chops, or a meat cake, or fish, in the place of eggs.

If breakfast is taken at eight o'clock, at eleven give a glass of milk and egg shaken thoroughly together. At twelve-thirty or one (be careful not to crowd the patient) give purée of lentils, and a slice of zweiback, with a half ounce of butter; or broiled meat and a baked potato, with cream or butter; or meat and boiled rice, or carefully-boiled hominy grits, or mush bread, with a half ounce of

butter; followed by a "heart" of lettuce with olive oil and a drop of lemon juice. In the middle of the afternoon, give either a bowl of junket, or koumys, or leban, buttermilk or zoolak, without other food; or eggs and milk. At six o'clock, a bowl of cream soup, with zweiback, well buttered; a little piece of steak or chop; a small dish of carefully-cooked macaroni with cream sauce; a toasted cracker, well buttered, and a bit of cheese. At bedtime, a glass of modified milk, with a double quantity of cream, or plain milk.

If for any reason the patient should have an attack of indigestion, stop all vegetable foods at once and substitute modified milk, albumin and milk, chopped meat cakes, and whole wheat bread only. Large quantities of foods are called for, but if the digestion is upset the whole scheme fails. Avoid too great a variety at a meal.

Do not give preparations to aid digestion; they frequently upset the stomach and cause a "set back." All drugs should be avoided, except those ordered by the physician. Do not give cod liver oil unless ordered. Depend for your fatty foods on cocoanut cream, milk and eggs, olive oil, nut soups, nut milks, especially those made from black walnuts and Brazilian nuts.

The nurse who has charge of tuberculosis patients should study carefully the character and idiosyncrasies of each patient. Recovery usually follows an increase of weight; if the patient loses weight, the road to recovery is difficult. Constipation should not be allowed; foods that do not agree should not be repeated. If egg and milk disagree, give milk and barley water, or milk with cocoanut cream. If the taste of milk is disagreeable, change its flavor by adding articles recommended under the heading of "Milk and Milk Preparations," in the Second Part of this book.

The care of the mouth is of great importance. Wash a half pound of water cress carefully, pick the leaves from the stems, chop them fine, and rub them to a pulp; stir

them into a pint of water, add two teaspoonfuls of salt, strain, bottle and cork. Use this as a mouth wash once or twice a day. It must be made fresh once a week. If cress is not obtainable, Listerine, Glycothymoline, or salt and water are recommended.

The following list may offer suggestions to the caretaker:

MAY EAT

Eggs, raw, in milk
Egg flip
Eggnog
Beaten white of egg on orange juice, on grape juice or fresh apple juice
Hard-boiled yolk of egg on cream toast
Hard-boiled egg grated over creamed chicken
Ceylon chicken
Plain milk
Milk and barley water
Milk and rice water
Junket cream
Koumys
Leban
Matzoon
Zoolak
Meiggs' Food
Eskay's Food
Whole wheat bread
Graham bread
Toasted pilot bread
Crisp rolls
Baked potato
Broiled steak
Panned steak
Hamburg steak
Smothered meat
Broiled chops
Roasted lamb or mutton
Roasted beef
Sweetbreads
Tripe
Broiled chicken
Creamed chicken
Chicken timbale
Boiled rice
Carefully-boiled hominy
Fresh peas pressed through a sieve
Lima beans with cocoanut sauce
Lettuce heart with cocoanut cream
Olive oil
Carefully-cooked spinach
Cocoa
Chocolate
Alkathrepta
Racahout
Purée of dried peas, beans and lentils
A few ground oily nuts (not with meals)
Fresh ripe fruits

AVOID

All bulk foods
Coarse vegetables
Pork; veal; duck; goose
All acid foods—sorrel, rhubarb, lemons, limes, pickles
Pears
Bananas, unless well cooked
Strong tea
Pastry; sweets in general
All fried foods
Hot breads; white bread

PNEUMONIA

Pneumonia, an inflammatory disease of the lungs, calls for light stomach-digested foods quite free from fat.

The fever and weak heart action that are always present must also be taken into account. Give skimmed milk shaken with whites of eggs, or plain milk containing not over three per cent. of fat.

Continue this, if it agrees, during the acute stage of the disease. Then add, at alternate feedings, beef juice, nutritive beef tea, almond milk, strained, once a day. The white of egg shaken with skimmed milk, if it is well borne, should be continued four times a day until the physician orders a change.

Give no solid foods of any kind and be careful not to over feed, as the heart action, already very weak, must not be overtaxed.

During Convalescence Add

Milk foods such as
- Zoolak
- Koumys
- Matzoon
- Sour buttermilk
- Eggs, raw, with milk
- Egg, coddled
- Beef panada
- Bouillon
- Veal broth, strained
- Scraped beef cake
- A little milk toast
- Zweiback

TONSILITIS

In the acute stages of this disease, give egg flip, junket, koumys, matzoon, sweetened cream frozen slightly, or chocolate or coffee ice cream, about four ounces at a feeding. Lemon and orange gelose. Plain frozen cream may be given twice a day. When convalescence begins, give egg-nog, laibose, panada, bouillon, beef juice, fruit juices, frozen cream, milk with dry albumin, junket, zoolak, buttermilk. Later scraped meat cake, ground mutton cake with almond meal, gluten mush, aleuronat with cream, raw egg and sherry.

QUINZY

Dietetic treatment is the same as for tonsilitis. If the patient is anæmic give in the very beginning four raw eggs and a quart of milk a day, and four ounces of frozen cream twice a day.

DISEASES OF THE HEART

There are certain general rules that may be followed to a great extent in all cases of cardiac trouble, no matter whether the defects are partly counterbalanced or not. It is now recognized by all dietitians that the prolific source of heart troubles is an irregular mode of life, an unbalanced dietary or foods badly cooked.

The road to relief is by a straight and narrow diet. Foods must be well selected, simply cooked and easily digested; and a sufficiently long time allowed after each meal to digest it thoroughly. Eating between meals must be strictly prohibited. Even a glass of water taken long after the meal but before digestion is completed may give rise to flatulency and produce a paroxysm. All indigestible foods, coarse vegetables, dense raw fruits, such meats as pork, veal, lobsters, clams, pink-fleshed fish, coarse breads, badly-cooked cereals, effervescing drinks, strong tea, coffee and chocolate, must be avoided. The stomach must never be overloaded or palpitation will occur.

In each case the digestive capacity of the patient must be carefully studied, and each meal must be just enough, not an ounce over. Any residue of undigested food remaining in the stomach and intestines will set up unnatural fermentations and again cause flatulency and a paroxysm.

Palpitation—When this occurs stop all solid foods at once. The meals have been too heavy, or the patient has eaten too much. Give milk, or milk and barley water, koumys or matzoon, every two hours, for several days. Then add an egg, and go gradually on to the usual spare

diet. Persons who have "heart trouble" must never eat eggs, milk and meat at the same meal, acid fruit with bread or cereals, drink coffee or tea at meals, nor should they take soup at the beginning of a meal. All rich sauces, salads, cooked fats, sweet dishes and over-starchy dishes must be avoided. A baked potato mashed with cream, and a little well-cooked dry rice are allowable two or three times a week.

If Edema Occurs—Give for several days predigested foods, milk, hot peptonized milk, peptonized milk gruels, peptonized beef and oysters, or such easily-digested foods as plain junket or egg junket, koumys, matzoon or leban.

Constipation—This complication is usually the foremost among the symptoms of heart trouble, and follows gastric disturbances. For relief add a tablespoonful of milk sugar to a glass of plain milk, or give the juice of two oranges, or a small cup of café au lait, following a glass of water, early in the morning, or a saucer of Roman meal mush with cream. Do not give purgatives unless ordered by a physician.

SENILE HEART

Most patients with this disease are thin and rather lighter in weight than is their usual habit.

Avoid soups at the beginning of meals. If cream soups with bread agree they should form the meal, and no other food should follow. From five to six hours should be allowed between meals. The heavy meal should be taken in the middle of the day. A cup of chocolate or Meiggs' food, or any of the sour milk preparations, with a bit of bread, make an exceedingly nice supper. All indigestible or coarse foods must be avoided. White fish, chicken, mutton and boiled beef are the only meats allowed. A tablespoonful of boiled rice, or a small baked potato, are the admissible starchy foods. Spinach, asparagus tips and raw tomato, with olive oil or cocoanut cream, may be taken now and then. Bread may be well-baked whole wheat or stale white bread.

Avoid alcohol and all stimulating foods, unless ordered by the physician. If the patient is thirsty give a cup of hot water, rather than a glass of cold water; or give the juice of an orange.

In arranging meals, give for breakfasts one poached or soft-boiled egg, with one slice of hard bread, well buttered. An hour before this, a cup of coffee, half milk, or the juice of two oranges. Variation must come from the different methods of cooking, as the diet is limited.

For dinner, the main meal of the day, which should be as near noon as possible, unless the breakfast has been very late, give any of the meats mentioned, with either a little spinach or baked potato. Do not give a green vegetable and a starchy vegetable at the same meal.

Dessert may consist of ripe grapes, or a sliced orange, or a simple custard. If the patient feels hungry in the middle of the afternoon, give a cup of weak, clear tea, absolutely alone, with not a mouthful of any other food.

Supper, which should be not later than half past six or seven, may consist of a warm custard with hard toast, or toast and milk, or milk toast, or milk and albumin, with a crust of bread, or any of the milk preparations.

When the patient is ready for bed, let him sip slowly a cup of hot milk.

MAY EAT

Tender lamb
Chopped beef cake, broiled
Chicken, broiled or boiled
White-fleshed fish, broiled or boiled
Oysters when in full season
Whole wheat bread, well baked
Eggs
Warm custards in place of meat
Fruit juices
Milk and milk preparations
Cream soups, with bread, as a meal
Almond meal soup
Well-cooked spinach
Asparagus tips
An occasional baked potato
Boiled rice
Almond milk

AVOID

Salads
All raw vegetables
Coarse vegetables, as cabbage, onions, string beans, old beans, peas, turnips, carrots
Pears
Plums
Cherries
Fruits cooked with sugar
Mashed and fried potatoes
Green corn
Melons
Cantaloupes
Hot breads
Very hot and iced foods
All fried foods
Rich soups and sauces
Pastry
Cakes
Preserves
Hot puddings
Tea, coffee and chocolate with meals
Effervescing drinks

ANGINA PECTORIS

In this disease the stomach must be kept in the best possible condition. The food must be just enough, and not one ounce too much. Flatulency *must* be avoided. Like many other troubles of the circulatory system, the distention of the stomach presses against the diaphragm, and in turn against the heart. The heavy meal should be taken at noon. Breakfast should be light and composed largely of well-cooked cereals and cream, or poached or soft-boiled eggs and toast.

Do not give liquids with meals. If the patient has been accustomed to coffee, give a cup of coffee an hour before the regular breakfast. Tender boiled, broiled or baked meats may be given in moderation. Pork, veal, and such dense meats as rabbit, or fatty meats as duck, goose and turkey, must be avoided. Fresh fruits and fruit juices are to be recommended. Such green vegetables as spinach, well cooked, lettuce, or cooked cress and asparagus tips, do not, as a rule, cause flatulency. Hot water may be taken a half hour before each meal, in the place of soup. The patient must avoid all highly-seasoned foods, rich sauces, sea foods with the exception of oysters and white-fleshed fish, rich desserts, sweets and salads. Unleavened bread, or any hard bread that requires mastication, is best.

If flatulency occurs in the early morning, give the patient two tablespoonfuls of clam broth, or two tablespoonfuls of moderately strong coffee mixed with four tablespoonfuls of milk; this must be sipped slowly. Sometimes a cup of hot water will have the desired effect. If flatulency is persistent in the mornings, give a cup of hot water, and follow with two tablespoonfuls of strained lemon juice. Continue this, and the flatulency will usually be entirely corrected.

The patient should never try the second time a food that has not agreed at first.

If constipation occurs, give a scraped apple, or Roman meal mush, or four ground almonds.

A good motto is "Eat less than you want."

MAY EAT

Eggs
Milk and milk foods
Leban
Koumys
Buttermilk
Well-cooked cereals, with cream
White bread, stale or dry
Fresh fruits, and fruit juices alone
Cream soups
Predigested milk and oysters, if necessary
Tender green vegetables, as spinach, cooked cress, asparagus tips, tender cauliflower, summer squash
Oysters lightly cooked, either soups, stewed or broiled
A little white-fleshed fish, broiled
Stewed prunes
Baked apples
Scraped mutton cake, broiled
A little broiled young chicken
Rice
An occasional baked potato

AVOID

Hot breads
Fresh breads
Cakes
Buns
Pies
Sweets of all kinds
Pickles
Meat salads
Pork
Veal
All fried foods
All sea foods except oysters and white-fleshed fish
Rabbit
Rare steak
Rare roasted beef
Turkey
Duck
Goose
All coarse vegetables
Cereals with sugar
Starchy vegetables with the exception of rice

ANEURISM

This disease calls for a non-stimulating diet. The heart beat must be kept even and slow, to lessen as much as possible the arterial pressure. The diet must necessarily be rather monotonous, get variety by changing the method of service and flavorings. Easily-digested combinations must be rigidly enforced. Flatulency is always dangerous. If the patient is to be helped without surgical aid, a limited diet must be continued for some time.

BREAKFASTS

Glass of milk, one-third barley water, sipped slowly; or two ounces of stale bread with four ounces of milk; or four ounces of any of the milk gruels; or two ounces of fruit juice over a small saucer of dextrinized cereals of some sort; or the top of a shredded wheat biscuit, toasted, with milk; or the top of a shredded wheat biscuit, toasted, with two ounces of grape juice; or the beaten white of egg on orange juice, and a wafer; or the yolk of an egg, beaten with four ounces of milk; or the white of an egg thoroughly shaken with six ounces of milk.

DINNERS

Two ounces of scraped meat, broiled, with two ounces of zweiback, pulled bread or stale bread; or two chops (a quarter of a pound) with stale bread; or a mutton cake (two ounces) with stale bread or cracker; or chicken timbale (three ounces), stale bread or cracker; or four ounces of broiled sweetbread, stale bread or pulled bread; or four ounces of cream of potato soup, with one ounce of toast.

SUPPERS

Three slices of milk toast (two ounces of bread and six ounces of milk); or six ounces of gelatin milk; or two ounces of toast, four ounces of hot milk poured over, cov-

ered with the grated hard-boiled yolk of egg; or six ounces of beef meal gruel, with two ounces of toast.

If at any time the quantities here given should be more than can be easily digested, cut them down. Quantities really have no place in a book; they should be regulated by the physician and the nurse.

APOPLEXY

Follow the first attack by a fast of two, three or four days, as is deemed necessary by the physician. It frequently becomes necessary to give predigested foods by rectum. As this disease often occurs in the obese, abstinence from food for even five days is advantageous. This must, however, be done by the physician's orders, and under his observation. When the *coma* has passed and the patient can swallow, give predigested, condensed liquid foods by teaspoonfuls, and see that each quantity is swallowed before a second is given, otherwise the patient may choke and draw the fluid into the lungs, causing inspiration pneumonia. As the patient progresses and swallowing becomes more natural, if there is facial paralysis, keep up the concentrated liquid foods. Eggs and milk; purée made with milk and vegetables; cream and milk mixed; "ye perfect food"; rice boiled in milk until tender, and pressed through a sieve; rice cooked in chicken broth for an hour, and pressed through a sieve; purée of split peas —may all be given if they can be swallowed. Later, if the patient has no facial paralysis, whole wheat bread, baked potato, boiled rice, chopped chicken made into a timbale, soup à la Reine and scraped mutton cake, are next in order. If the patient is constipated, give two ounces of fruit juices or almond milk, two or three times a day. All foods must be nutritious but non-stimulating. Chicken and a little mutton should be the only meats used. The less meat, the better. The patient must not overeat. A little cold water, early in the morning, and between meals, is advisable.

Alcoholic liquors should not be given unless ordered by a physician.

If the patient recovers from this attack he must, as long as he lives, keep up a vegetable diet, substituting eggs, nuts and milk for meats. He must eat less than the appetite calls for. A "full meal,"—"just a little dissipation," frequently brings on a second and fatal attack.

MAY EAT, WHEN SUFFICIENTLY RECOVERED

Cream soups
Milk and milk preparations
"Ye perfect food"
Cornmeal mush
Chicken noodle soup
Eggs in all forms except hard boiled and fried
White meat of chicken
Boiled white fish
Baked potato
Boiled rice
Summer squash
Topground green vegetables lightly cooked
Desserts made from vegetable gelatin
Fresh fruits without skin
Fruits stewed without sugar, as prunes and figs
Dry, hard bread
Gluten gems
Swedish bread
Unleavened bread
Cocoanut sticks
Soups, maigre
Custards
Warm baked custards
Occasionally tender lettuce, Romaine, tender celery, with French dressing
Fresh fruits, except rhubarb
Cooked bananas
Light milk puddings
Milk and cream toast
Mock charlotte
Sago snow
A few coffee-flavored desserts
Cream of Wheat, farina, well cooked
Toasted shredded wheat, with hot milk and cream
Rice pudding
Rice à l'Imperatrice
Rice dumpling
Rice cream
Rice pudding with malt
Fruit toasts—elderberry, blackberry and raspberry
Apples, simply cooked

AVOID

Meats
Pink-fleshed fish
Oysters
Crabs
Clams
Lobsters
Shrimps
Scallops
All made-over dishes
Fried foods
Rich soups and sauces
Boiled and mashed potatoes
Fried potatoes
Hot breads
All sweets
Pies
Puddings
Cakes
Preserves
Stewed fruits with sugar
Ice creams and ices at the end of a meal
Pickles
Condiments of all kinds
Rhubarb
Raw apples, unless scraped
Concentrated beef soups, like beef tea
The internal organs of animals, as sweetbreads, tripe, and liver
All coarse vegetables
White bread made with sugar and lard

PERNICIOUS ANÆMIA

The defective assimilation of proteids seems to be the chief obstacle to overcome in the feeding of this disease. It is always a question whether those from animal or from vegetable foods are more easily assimilated. In a well-known sanitarium in this country, pernicious anæmia patients are put on a diet rich in proteids, but free from the flesh of animals. Milk and eggs, with such vegetables as ground and cooked nuts, and the leguminous seeds, are substituted. The eating of fatty foods, butter, cream, cocoanut cream and nut oils, is encouraged to the limit of toleration and digestion.

In severe cases, it is wise at first to predigest all foods given. Specially-peptonized milk, milk jelly and milk punch are to be preferred. If starches are given, arrow-root, rice flour and potato flour cooked in milk, are best, and they should be given alone, between meals. Home-made pemmican is a food *par excellence* in this disease. The marrow must be taken from the long beef bones, and if the patient refuses to eat it raw, it may be boiled and then

broiled and served on toast; but it is far better chopped, uncooked, and mixed with an equal quantity of stale bread crumbs; season it with a little plain salt or celery salt.

MAY EAT

Eggs, raw, with milk
Egg flip
Raw egg with sherry
Raw egg with cream
Milk with cream
"Asses' milk"
"Tigers' milk"
Orgeat
Wheat germ food with cream
Beef meal
Beef panada
Soup à la Reine
Milk soups with whole wheat bread
Meigg's food
Chocolate
Cocoa
Arrowroot
Rice flour
Potato flour cooked in milk
Boiled rice
Laibose
Meltose
Samatose
Roborat
Revalenta Arabica
Albuminized milk
Modified milk
Whey with cream
Whole wheat bread, well buttered
Ground almonds in milk
Almond butter on bread
Brazilian nut butter
Cocoanut cream
Cocoanut milk and egg
Albuminized cocoanut milk
Broiled sweetbreads
Predigested sweetbreads
Predigested milk
Broiled scraped beef
Broiled scraped mutton
Stewed tripe
Arrowroot
Rice flour
Potato flour
Purée of dried peas
Purée of lentils
Beef marrow, raw and cooked
Homemade pemmican
Milk, with a little cream added

ANÆMIA (CHLOROSIS)

Acute anæmia arising from hemorrhage, needs the immediate care of a physician and is not considered here.

These directions are for the "anæmic girl," who is frequently neglected and becomes a chronic invalid before any one realizes she is ill.

The body is properly nourished when the condition and circulation of the blood are good. In anæmia the blood becomes thin and watery, impoverished in red corpuscles, and while

this is not a true disease in the minds of many persons, it is certainly a sign of a serious trouble near at hand that calls for immediate and special treatment.

Young girls coming into womanhood are frequently overtaxed by a multiplicity of duties and social engagements. Hard study frequently lasts into the night and robs her of the proper rest and outdoor physical exercise. Indoor exercise, even if taken in a well-ventilated room, does not take the place of the outdoor romp. She eats candy before going to bed and frequently sleeps in the same room in which she has studied and without changing the air. She is simply undergoing a slow process of poisoning. Headaches, lassitude, and indifference to things in general, are the first symptoms of "the breakdown." She is not hungry in the morning; but our present school system makes it obligatory for her to eat when breakfast is on the table, at a regular and early hour. She is criticised if she does not eat, so she eats and carries the food in her stomach, undigested, until luncheon time. This is the first step to serious digestive troubles. To allay the craving of her stomach she eats pickles, lemons, candy, salt, any unnatural thing she can find and keep in her room. Doctor Fothergill tells us, "Health is a long price to pay for education, and our modern system of feeding, in both boys' and girls' schools, kills off the weak, ruins the middling and makes invalids of the well."

Another type is found among the society girls, whose physical foundations have been neglected from early childhood.

Treatment for anæmia must continue until there is a perfect recovery. Rest is necessary; early to bed and late to rise is a good motto. In the morning, brush the teeth and drink slowly a glass of milk or a cup of café au lait, before arising. Rest two hours, then take a sponge bath, with a thorough rub. Rest a half hour, then eat breakfast composed of two soft-boiled eggs and a bit of toast; or a dish of beauregard eggs; or golden toast; or a scraped beef cake, broiled; or two eggs with a slice of whole wheat bread well buttered; or oatmeal or cornmeal mush with cream;

or poached eggs on broiled bacon or toast; or a broiled chop, with creamed potato.

The noonday meal should consist of concentrated foods, broiled steak, chop or chicken, baked potato or boiled rice, eggs, except fried or hard boiled, tender hearts of lettuce with French dressing. Between dinner and supper give a glass of milk, quarter cream; for the sake of variety this may be alternated with koumys or zoolak.

For supper give cream toast; whole wheat bread well buttered, with sliced tomato covered with cocoanut cream; old-fashioned rice puddings; Wheatena and cream; dates and milk; corn bread, or baked apples and cream with hard bread; stewed prunes with rice and cream; steamed figs with cream and corn gems; or a bowl of cream soup with whole wheat bread.

At the close of the noonday meal, if a salad is not eaten, sip slowly, almost drop by drop, a teaspoonful of olive oil, and eat, masticating thoroughly, six blanched and dried, not toasted, almonds.

Anæmic girls frequently continue in their lassitude until they can assimilate a goodly quantity of easily-digested proteids and raw fats such as butter, cream, cocoanut cream and olive oil. However, they must avoid fat meats; to be palatable and wholesome the fats of meat must be cooked, and heat renders fats less liable to agree with a delicate stomach. Bacon is the exception; if it is relished, give two slices every other morning. It is an agreeable addition to poached eggs on toast.

If olive oil cannot be taken from the spoon, make it into French dressing with a few drops of lemon juice, and use it over tender lettuce, imported endive, tender celery, cold, carefully-cooked spinach, string beans, or cress.

Plenty of fresh air without violent exercise is of equal importance with correct diet. A short walk each day is to be recommended. In walking, hold the body erect, draw the abdomen in, put the ball of the foot first to the ground. The clothing must be loose, light, warm and suspended

from the shoulders. Skirts should be of light material, wool preferably; they should be comfortably narrow and short, and buttoned to the bottom of a loose waist or corset. Shoes must fit the feet, and have broad soles and low, broad heels. Gloves should be sufficiently loose not to press the circulation at the wrist.

Under no circumstances must the patient become weary; better spend all day in a hammock in the open air than have a moment's fatigue.

Avoid bulk foods; the appetite becomes satisfied before a sufficient amount of food has been eaten. If the appetite flags, and it usually does in the early morning, give the juice of two oranges, or two ounces of good percolated coffee with two ounces of hot milk; these are light and desirable stimulants. Some authorities object to coffee, but the writer can see no harm in a cup of good coffee, taken alone in the morning.

In cases where anæmic conditions are of long standing, a selected diet must be continued for months.

MAY EAT

Cream soups
Noodle soup
Chicken jelly
Beef jelly
Broiled white-fleshed fish
Boiled fish
Planked fish
Beef
Mutton
Chicken
Turkey
Occasionally duck
Game of all kinds
Tender green vegetables
Baked potato
Boiled rice
Macaroni with cheese
Macaroni, Italian fashion
Whole wheat bread
Corn bread
Gluten breads
Milk and milk preparations
Eggs in any way but fried and hard boiled
Cup custards
Vegetable gelatin desserts
Whipped cream desserts
Fruit juices
Fresh fruits
Unleavened bread and crisp biscuits
Fruit tapioca with cream
Oatmeal occasionally
Wheat germ cereals
Farina
Cream of Wheat, with cream

MAY EAT—Continued

Simple plain salads, with French dressing
Occasionally cold chicken with mayonnaise; cold fish with mayonnaise
A little ripe cheese
Cottage cheese; schmierkase
Chocolate, occasionally, and cocoa
Milk and cream
Leban
Koumys
Matzoon
Buttermilk
Junket with cream
Butter
Olive oil
A small quantity of rich cream
Cocoanut cream
Soft custards
Wheatlet
Wheatena
Oatmeal occasionally
Top ground green vegetables
Purée of lentils
Portuguese soup
Beef gruel
Ye perfect food
Golden toast
Beauregard eggs
Cocoa
Desserts of rice and milk
Prunes, figs and dates, without sugar
Sweetbreads
Tripe
Brown bread
Rye bread
Tender cauliflower
Peas
Summer squash
Sweet corn
Very young turnips, stewed with cream
Asparagus tips
Spinach
A little water cress, lettuce and imported endive

MUST AVOID

Pork
Veal
Salt meats
Salt fish
Pink-fleshed fish
Lobster
Crabs
Shrimps
Clams
Oysters
Made-over dishes
Rich made dishes
Warmed-over meats
Hot bread
White bread
Skimmed milk
Tea
Coffee, except in the morning
All coarse vegetables
Mashed potatoes
Fried foods
Sweets
Pies
Puddings
Cakes
Candies
Ice water
Rhubarb
Lemons
Limes
Pickles of all kinds
Highly-spiced dishes

DISEASES OF THE STOMACH

In all diseases of the stomach cures are effected by diet that are quite unattainable by drugs. No absolute rules can be formulated that will enable people to cure themselves. The term "dyspepsia" is used to cover a multitude of sins; in fact, every pain in the stomach or discomfort after eating is called by most persons dyspepsia or "indigestion." Food is correct, as a rule, when it produces no discomfort in the stomach and passes into the intestines without creating gas and flatulency. "Intestinal indigestion"—starch indigestion—is by far the most common among the people of the United States, and is perhaps most easily cured. Gastric troubles are much more difficult to regulate, as almost invariably the motor, as well as the secretory action, is impaired. In such cases the food eaten must be most easily digested and yet it must be very nutritious.

Dyspeptics like rheumatics are found in two classes: the hearty eater who lives on rich foods until the digestive powers are over taxed, and the "moderate" eater, who eats toast, tea, fruits stewed with sugar, fried meats, fried potatoes, pies and layer cakes, which for some unknown reason he considers a simple diet. The latter class are by far the more difficult to cure. The first class are, as a rule, greatly benefited by a fast for two or three days, then a milk diet for two weeks, coming back gradually to a normal diet, composed of milk soups, stale breads, chopped broiled beef, and simple well-cooked green vegetables.

The second class will do well to live on milk, eggs and meat, bread and rice, for one or two months, as case may require. They must avoid all fried food, tea and coffee.

To keep up the balance a patient in bed requires one-fifth the food of an active person in health. In all gastric disorders the appetite is never keen—nature's warning to eat but little.

Rest the stomach as much as possible. A two or three days' fast frequently forms a foundation on which to build a cure.

A FEW GOLDEN RULES FOR THE ORDINARY DYSPEPTIC

Masticate everything twice as long as you think it is necessary.

Do not drink while food is in the mouth.

Do not soften hard foods, as toast or bread crusts, by dipping them in water, milk, tea or coffee.

Never drink tea and coffee at meals. A cup of milk flavored with coffee may be taken in the morning. Weak tea, with lemon and sugar, may be taken between the noonday and night meals.

Leave the table before you feel quite satisfied.

Eat food at moderate temperatures, never too hot nor iced.

Rest, but do not sleep, thirty minutes after each meal.

AVOID

at all times and under all conditions, even after a so-called cure is effected:

All fried foods
Sweets
Cooked fats on meat
Tea and coffee with sugar and cream with meals
Chocolate with meals
Salads with mayonnaise dressing
Pork
Veal
Sausages
Highly-seasoned sauces
Meat gravies of all kinds
Pies
Cake
Preserves
Iced food at the end of the meal
Pickles
Boiled cabbage
Boiled dinners in general
The outside pieces of baked or roasted meats
Hot breads, except crisp, well-baked waffles
Fruits stewed with sugar
Sea foods, except white-fleshed fish
Thick rich soups
Wines at meals

Where there is too little hydrochloric acid in the gastric secretions, give peptonized milk, peptonized oysters, skimmed milk gruels, white of egg and whey, well-cooked

light cereals, with skimmed milk, vegetable gelatin with very little sugar and orange juice; purée of chestnuts made without cream or butter; rice pudding made from skimmed milk; albumin and skimmed milk; milk toast without butter; rice flour custards; potato flour custard made with white of egg, no yolk; buttermilk; matzoon; koumys; samatose.

Later, if conditions allow, give a scraped meat cake, broiled; eight blanched, dried and grated almonds, mixed with four times the quantity of scraped mutton, broiled; cocoanut milk custard; lightly cooked eggs; a little broiled young chicken; boiled rice; Cream of Wheat, with skimmed milk; stale white bread; fruit juices alone; almond wafers. A plain, simple diet must be continued for some time. Other easily digested foods that are neither sweet nor fatty, may be added gradually.

MAY EAT

Peptonized milk
Peptonized oysters
White of egg and whey
Skimmed milk gruels
Well-cooked Cream of Wheat and farina with skimmed milk
Baked potato with salt, no butter
Scraped beef cake, broiled
Scraped mutton cake, mixed with eight blanched, grated almonds; broiled
Cocoanut milk custards
Lightly cooked eggs
Boiled mutton
Boiled chicken
Rice pudding made from skimmed milk
Skimmed milk koumys
Stale bread without butter
Daintily cooked top-ground vegetables, skimmed milk sauce
Nut butter
Tender hearts of lettuce with lemon juice
Albumin in skimmed milk
Albumin whey
Beef panada, made with water
An occasional clear beef soup
Chestnut purée made from skimmed milk
Boiled rice
Carefully baked banana without sugar or butter
Bananas stewed in water, very slightly sweetened
Fruit juices
Fresh ripe soft fruits without skin or seeds

AVOID

All fatty foods, as cream, butter, olive oil, cocoanut creams
Hot dishes
Iced dishes
Iced water
Strong tea and coffee
Chocolate
Pork; veal
Goose
Turkey
Fried foods
Sweets
Puddings
Pies
Cakes
Coarse underground vegetables
Hot breads, as muffins, gems, etc.
Rich cream soups
All sea foods, with the exception of white-fleshed fish and oysters, broiled
All spiritous liquors, unless ordered by a physician

If there is an excess of hydrochloric acid in the gastric secretions, fatty foods are called for. Cream, olive oil, butter, cocoanut cream, an occasional piece of broiled bacon; cereals with cream; baked potatoes with butter or cream; minced chicken in cream sauce; broiled steak with butter sauce; broiled chop; boiled pigeon; tender green vegetables with cream sauce, may all be used for dinner. Give for the night meal, cream toast, or the yolks of two eggs beaten with a half pint of milk, and dry toast; stale bread, with milk and cream; rice puddings, cup custards or well-cooked cereals with cream.

MAY EAT

Whole milk
Milk soups
Cream on cereals
Whipped cream desserts
Nut dishes
Nut milk
Whole wheat and white bread one day old, well buttered
Eggs, lightly cooked, not fried
Koumys
Matzoon
Buttermilk
Leban
Dainty green vegetable salads with French dressing
Baked potatoes, mashed, with cream
Boiled rice
Gluten bread, well buttered
Broiled meats in a small quantity
Purée of lentils
Purées of fresh green vegetables
Broiled bacon
Beef meal
Cocoa
Chocolate made from milk with whipped cream
One hour before meals a tablespoonful of olive oil

AVOID

Excessive meat diet
Pickles; spiced foods
All sweets
Soft breads; hot breads
Fruits stewed with sugar
Fried foods
Fish; crustacea; mollusks
Tea and coffee
Milk and meat at the same meal
Eggs and meat at the same meal
Sauces and rich soups
Coarse underground vegetables
Pork; veal
Duck
Goose and turkey, except a little white meat
Ice creams and ices
All spiritous liquors, unless ordered by a physician
Malt liquors
Iced drinks
Nibbling between meals

In dilatation of the stomach, the selection of the proper quantity of correct food is quite difficult. There may be an excess or a deficiency of hydrochloric acid in the gastric secretions; this, of course, will be determined by the physician, who will from his analysis formulate a diet. In this disease bulk must be given to excite the motor action of the stomach, and bulk is frequently the very thing to avoid on account of accompanying conditions. If there is dilatation and a deficiency of hydrochloric acid, exclude all fats and fatty foods. Give a full diet of broiled lean meats, boiled mutton, with baked potatoes, rice, spinach, cauliflower, lettuce, cress, stewed summer squash, stewed cucumber, fruit tapiocas, dried fruits stewed without sugar, farina, Cream of Wheat, milk puddings and fruit vegetable gelatins; stale whole wheat or white bread, or toasted pilot bread, potato sticks or cocoanut fingers; any hard bread that requires mastication.

On the other hand, if there is an excess of hydrochloric acid, cream may be added to the preceding diet in quantities determined by the physician.

"Dyspepsia" with Flatulency—This usually comes to persons who drink tea and coffee, with sugar and milk, with their meals, and to those who eat soft foods, and to those who bolt most of the solid foods. To correct these conditions, avoid all starches, sugars, all made-over dishes, tea and coffee, liquids with meals; in fact, it is better to

take meat at one meal, and vegetables at another, if vegetables do not cause flatulency. Sip a half pint of hot water a half hour before each meal, and drink a cup of weak tea, with lemon and no sugar, in the middle of the afternoon. Take clear orange juice early in the morning in place of hot water. Sometimes four tablespoonfuls of black coffee, hot, may be sipped in the morning to advantage. This may be followed by two soft-boiled eggs and a bit of very stale bread, nothing more. If hunger comes in the middle of the morning take a glass of modified milk, or beef tea, mutton broth, or chicken broth.

For the noonday meal, eat boiled meats, or chopped meats, broiled or panned, and eat with them a saucer of sliced oranges, or a few white grapes, and one dozen blanched and dried, not roasted, almonds. These fruits may be alternated with a tender heart of lettuce, a slice of tomato without vinegar or oil, or very tender celery or endive. For the night meal, take milk toast or milk toast with hard-boiled egg, any of the nut dishes, or cold-boiled chicken, but not any two of these together, unless it is chicken and lettuce. It is wise never to eat meat and milk, or meat and vegetables, at the same meal. A restricted diet of this kind must be kept up until a cure is effected.

Atonic Dyspepsia—Fruit juices are foods *par excellence* in this disease. The gastric secretions are weak. Foods must be tasty, because the appetite is slim. A baked potato, mashed with a little butter, and a drop of tabasco, is frequently relished; chopped meat cakes, seasoned with tabasco. It is preferable to use liquid pepper, as it does not contain the irritating outside hull of black pepper. Broiled steak, a chop, roasted beef, chicken, turkey, are all admissible. Meat or eggs should be given twice a day. No coarse vegetables are allowable, but dainty green vegetable salads, seasoned with French dressing—oil, a drop of tabasco and lemon juice—are to be recommended. Very ripe raw fruits and fruit juices, cauliflower, tender lettuce, summer squash, tapioca, flavored with fruit juice, and cream

soups, are admissible. Highly-seasoned, rich food must be given up entirely.

Hungry Dyspepsia—There are certain dyspeptics who seem to be always hungry. Digestion has been overtaxed for so long, that but little of the food ingested is assimilated, the remaining portions pass from the body in almost the same condition as when eaten. It is not the stomach that is calling for food, but the ill-fed body. The tissues are starving.

Avoid all irritating foods, as bran bread, peas, husks of corn, skins of fruit, black pepper, ground spices, and coarse vegetables, that contain *cellulose*.

To bring about a cure, eating between meals must be stopped. When hunger comes, give a glass of water, or fruit juices. The stomach must have absolute rest between each of the three meals a day. If the patient cannot be taught to restrain the appetite at the regular table, weigh the correct quantity of food, and insist upon his eating alone. Purées of old beans, peas, and lentils, cream soups, strained cereals, baked potato, boiled rice, stewed macaroni and cheese, cauliflower, nut dishes, and boiled meats, are best to allay the hunger. Do not give more than two dishes at a meal. Give meat and potato at one meal, cream soup and bread at another, or macaroni and cheese, or meat and lettuce, or eggs, bacon and bread, or cereals with milk.

MAY EAT

Cream soups
Strained cereals
Baked potatoes
Boiled rice
Stewed macaroni
Hominy; hominy grits
Baked sweet potatoes
Mashed and baked sweet potatoes
Pumpkin, baked or stewed
Stale breads
Green peas
Broiled, roasted or baked meats
Eggs
Milk and milk preparations
Nuts (a few)
Almonds with meat
Raw pineapple, grated, served as a sauce to broiled meats, or sliced eaten with broiled meats
Light desserts, like fruit tapiocas
Very tender green salads
Cauliflower
Spinach

AVOID

Tea
Coffee
Pork
Veal
Fried foods
Sweets in general
Pickles
Bran bread
Pepper
Spiced foods
Coarse vegetables
Beans with hulls on
Underground vegetables, with the exception of potato
Pears
Watermelons
Cantaloupes
Rich soups and sauces

Nervous "Dyspepsia"—Nervous indigestion is a term used to cover all sorts of morbid conditions that arise from defective nutrition and physical abuses. When we speak of physical abuses, we have in mind the active business man and the editor, who are overworked and badly fed. Defective nutrition does not always come from lack of food; on the contrary, the overfed, the obese and the painfully thin, are all, as a rule, ill-nourished. Bolting one's food produces indigestion that is the forerunner of nervousness. The vital question is, however, how can we best correct these conditions? What is the royal road to cure?

Keep your thoughts in the right place, and do not worry about your ailments or your business. Do not talk of them to either your family or your neighbors; it is inelegant. All forms of sickness are more or less deformities, not to be spoken of in public.

Do not take drugs without a physician's advice; it is always dangerous.

Fried foods, fruits stewed with sugar, mashed potatoes, soups, and things that can be swallowed quickly at the luncheon counter, must be given up. These foods kill the weak, ruin the middling and help many thousands to hospitals for the insane.

Do not eat too many dead foods—overcooked meats and made dishes, doughnuts, pies and puddings. Use raw fruits, fresh green vegetables, lightly cooked, and fresh green salads with French dressing.

A cure is frequently brought about by eating meat at one meal, and vegetables at another; fruits early in the morning or between meals, or if you eat a hearty breakfast, eat fruit for luncheon, and depend upon a nutritious dinner for general body-building material.

Avoid slops—fermented liquors, weak tea and coffee loaded with sugar and cream. Eat three good meals a day.

Do not drink milk rapidly as though it were water; it is not a beverage; it is a food.

Do not take milk and fruits at the same meal, nor milk and meats.

Avoid rich, oily fish, as shad, pike, salmon, sturgeon, catfish, eels and mackerel; all crustacea, as lobsters, crabs, shell fish, clams, scallops and oysters; condiments and hot foods covered with melted butter.

Clam broth and oyster bouillon may be taken with good results.

Complicated sweets and heated fats induce false fermentation and produce flatulency and generate an excess of undesirable acids which prevent perfect digestion.

Avoid pork, veal and overfat poultry, as ducks, turkeys and geese.

Eat milk, eggs, broiled steak, chops, roasted beef, mutton, broiled chicken and dishes made from chopped meats, carefully broiled; now and then a baked potato; whole wheat bread, well buttered; crisp French bread, well buttered; fresh green peas, spinach, tender white celery, imported endive, Romaine, hearts of lettuce, stewed cucumbers, dry boiled rice, stewed spaghetti and macaroni. A dozen unroasted and unsalted almonds, well masticated, at the close of dinner, will aid digestion. Put a bit of butter (not salt) on each piece of celery as you bite it off.

Use pure olive oil and lemon juice over dinner salads, and masticate every piece thoroughly. In fact, butter, cream, olive oil or homemade cocoanut milk and cream should be used in moderate quantities once a day.

An excellent breakfast cereal is ordinary white bread, cut into inch cubes and dried, not toasted, served with half cream and half milk.

An excellent plan is to use a half pint of cream a day; use it in the morning on hard bread; for dinner, over a light dessert.

ACUTE GASTRITIS

Immediate treatment is necessary; do not neglect a day; incurable conditions may appear. Diet is of primary importance, as drugs frequently irritate the stomach and should never be given except under the supervision of a physician. Select a non-stimulating diet, one that will utilize the secretions formed by its presence in the stomach. The patient should have rest, and the motor action of the stomach must not be taxed in the slightest degree. A good balance can be maintained for several days by the use of milk preparations. Albuminized milk, modified milk, peptonized milk, sipped slowly—held in the mouth a second or two before swallowing. Later, when the appetite comes, give cornmeal and arrowroot gruels, "ye perfect food," Meiggs' food, egg flip, egg cordial, almond milk and plum porridge. After this, if the patient is improving, add a little finely-minced sweetbread; scraped mutton cake, with dry, un-buttered, bread; soup à la Reine and Salisbury meat cake. Do not, however, add solid foods too soon.

Fruit juices may be given throughout the disease, not with meals, but as a feeding. If any of these foods do not irritate the stomach and seem to agree, continue for several days, changing from one to another to keep up variety. If sweet milk does not agree (and it will not unless sipped slowly) substitute modified milk, or milk and lime water, or whey, with the addition of milk sugar.

This disease calls for moist, not dry foods. Well-cooked light cereals, as farina, Cream of Wheat and Wheatlet, will take the place of bread, but should be thoroughly masticated. Hot water may be sipped thirty min-

utes before each feeding, and, in fact, for several months to come give a cup of hot water an hour before each meal. Subacid fruits — bananas, blackberries, raspberries and peaches — may be cooked in a little water thickened with arrowroot, and strained through a fine sieve and served warm with a little whole milk. Banana meal mush, with milk, is frequently borne with greater ease than other foods.

If fermentations begin, stop at once all *carbohydrates* (starches and sugars), substituting meat broth, fruit juices and modified milk.

Lightly broiled sweetbread, chopped fine with a silver knife, seasoned with a little celery salt, makes an exceedingly good meal, if the patient can be induced to eat it. A scraped beef cake, mixed with two tablespoonfuls of fresh-grated pineapple, seasoned and broiled lightly usually agrees very well. Mutton may be substituted for beef.

After the patient recovers, he must live on simple, carefully-cooked foods for a year, and perhaps longer. Avoid pork, veal, fried foods, lobster, clams, crabs, shrimps, rich sauces and highly-seasoned soups, coarse vegetables, raw apples, pears, condiments, excessive salt dishes, anchovies, herring, caviar, strong tea, coffee, and wine with meals.

CHRONIC GASTRITIS

A curative diet for this disease is milk and milk preparations, with stale bread, free from husks or bran; lean meats, free from fat, scraped and broiled; carefully-boiled rice; baked potato, potato puffs; cream soups; globe artichokes, stewed cucumbers, summer squash; fresh fruit juices; grape fruit, ripe peaches; unfermented bread; broiled bacon; junket; all sour milk preparations, leban, zoolak, clabber, matzoon and eggs.

Do not give too great a variety at one meal. If cereals are taken, they must be strained or free from husk. Very succulent vegetables may be served with meats, but starchy

foods must be served alone. Cream soups must not be followed by meats. Cream soup and bread should form the meal. At the close of the meal give half a glass of cool, not iced, water, unless soup has been eaten; then do not drink for two hours.

MAY EAT

Broiled tender meats
White fish
Cream soups
Milk and milk preparations
Junkets of all kinds
Vegetable gelatin desserts
Milk gelose
Fruit gelose
Carefully-boiled rice
Occasionally, tender lettuce or celery
Stewed prunes, without skins
Eggs, carefully cooked
Baked apples
Scraped apple
Fruit juices
Cereals, strained and well masticated
Dark grapes, without seeds or skins
Crackers
Pilot bread
An occasional aleuronat gem
Cocoanut milk
Cocoanut cream
Tomato with cocoanut cream
Heart of lettuce with cocoanut cream
Spinach
Green peas
Asparagus
Stewed cucumbers
Squash
Cooked cress
A little olive oil
A little cream

AVOID

Pork
Veal
Oysters
Clams
Crustacea
Salt foods
Warmed-over meats
Fried foods
Candies
Puddings
Pies
Cakes
Sweets
Hot breads
Highly-seasoned foods
Beef tea
Tea, coffee and chocolate with meals
All liquors, unless ordered by a physician
Black pepper
Spices
Very little salt
Fats in general
Fruits with sugar, stewed or raw

ULCER OF THE STOMACH—GASTRIC ULCER

It is of utmost importance, in this disease, to protect the stomach against all sorts of irritations. The body and the stomach should have absolute rest if the case is severe. Maintain the nutrition by rectal feeding. When mouth feeding is admissible, cleanse the nose, throat and mouth before each feeding with lemon vegetable gelatin water, but do not use enough to be swallowed. The stomach must be kept empty except at feeding time, and feedings should be sufficiently far apart to give the stomach rest between. Prevent at all times the swallowing of the pus-like discharges from the nose, if there be any.

An exclusive milk diet is best, if it agrees. If fresh raw milk does not agree, try sterilizing it. The physician who observes the case will decide the quantity of milk to be given, and the time of feedings—four ounces is the usual amount, given every two hours. If sterilized milk does not agree, try modified milk; or plain milk, one-third almond milk; this frequently is more acceptable than any other food. If the stomach is still intolerant, return to rectal feeding. Frequently arrowroot milk, German flour gruel, gelose milk gruel, albuminized milk, almond milk, milk, peptonized by the cold process, and peptonized milk gruels served cold, agree and are retained without discomfort.

If these foods are well borne, add now and then the beaten white of an egg to four ounces of milk; and, if the physician believes in meat (I do not) add a teaspoonful of somatose or beef meal to a cup of fresh beef tea, or mutton broth or milk. The nourishment is reduced as soon as you begin to give meat preparations; if they are continued for any length of time, without alternate feedings of milk, you cannot protect the body against loss of weight and strength. Liquid diet must be continued until all signs of discomfort are absent—a month or a year. Do not begin solid foods too soon; serious conditions are sure to reappear.

If no complications arise at the end of one or two months, add a little well-cooked Cream of Wheat or farina, served with cream, no sugar. Now and then well-cooked farina served with butter; milk soups; egg and milk; junkets, with and without eggs; gelose milk jelly, and Irish moss jelly with milk. Continue this diet, alternating with the first to give variety, for three or four months. Then add slowly, watching the patient most carefully, milk toast, egg soup, carefully-broiled sweetbread, soup à la Reine, a little finely-minced white meat of chicken, a mutton cake, baked potato, boiled rice; a little carefully-cooked cucumber or summer squash, with butter and a little salt; two or three prunes, without skins. Fruit juices may be taken alone at almost any time during the day if they seem to agree, strained orange juice, grape juice and apple juice preferable.

Avoid, for a long time, all fried foods, sweets, severe acids, coarse vegetables, hot breads, pastry, uncooked vegetables, acid fruit juices, uncooked fruits, coarse cereals, condiments, highly-seasoned soup, rich dishes, fruit jellies, fruits stewed with sugar.

May eat, when a cure is effected

Milk and milk preparations
Milk and vichy
Milk and apollinaris
Finely-minced meats, carefully broiled
Cream soups
Broiled chop
Broiled chicken
Sweetbreads
Tripe
Birds
Baked potato
Pulled bread
Unleavened breads
Boiled rice
Fruit juices
Carefully-stewed spaghetti, without cheese
Stewed cucumbers
Stewed summer squash
Green peas, pressed through a sieve
A little pulp of sweet corn, without the husk of the grains
Oysters, stewed and in soup
An occasional baked apple
Stewed prunes
Prune soufflé
Prune jelly
Vegetable jellies
Guava jelly
Warm cup custards
Soft custards

AVOID

All fried foods
Sweets; severe acids
All underground and coarse vegetables, as cabbage, onions, turnips
Hot breads; pastry
Uncooked vegetables, as lettuce, celery
Uncooked fruits
Coarse cereals; condiments
Highly seasoned sauces and soups
Rich dishes
Fruits stewed with sugar
Sea foods, except oysters
All salt foods
Old peas, beans and lentils
Fruit jellies, except guava

INTESTINAL INDIGESTION

Intestinal indigestion comes, as a rule, from continued overeating of starchy foods and sweets. It is found among people who eat large quantities of bread, and drink at the same time two or three cups of tea or coffee, with sugar and milk, or to those who eat large quantities of illy-cooked cereals, pastries, pies, cakes and puddings. This form of indigestion is most common, and may be cured permanently by living for three or four months on chopped beef or milk, cream soups, eggs and stale bread. In this disease, the secretions of the intestines become dull, deficient, abnormal fermentation is set up, gases are formed, the abdomen becomes distended, and, unless taken in time, the patient goes from bad to worse until he is really ill. Nervous and mental conditions have their origin frequently in intestinal indigestion. The bile is insufficient and poor in quality, and constipation follows. The skin becomes dry, dark, and loses its activity, and this overtaxes the kidneys. The care of the skin is of equal importance with correct diet. Use water freely, inside and out. Do not drink at meals.

Cut down at once the quantity of food taken, especially the sugars and starches that require intestinal digestion. Give this part of the economy which is affected by disease, rest, that it may regain its lost strength. Koumys, buttermilk, leban, matzoon, milk with barley water, cream soups, white of egg and milk, may be used for a week or two in severe cases; then add a scraped beef cake, broiled; broiled

birds, broiled chops, breasts of chicken, coddled eggs, a piece of hard toast, well masticated; or well-baked whole wheat bread; and so continue until the patient is relieved of all unpleasant symptoms. The patient may now add broiled, boiled or roasted meats, an occasional baked potato, boiled rice, bread made without shortening, either pulled or toasted; fruit juices alone, either early in the morning as a breakfast, or between meals; a little broiled fish; the heart of lettuce, with French dressing; mush bread, rice puddings, cup custards at meals where meat is not served; a little carefully-boiled macaroni with Parmesan cheese, and delicate green vegetables, simply cooked.

Fats must for a long time be used sparingly and carefully. A teaspoonful of pure olive oil once a day may be taken on lettuce or cress, or over carefully-cooked spinach. Use a tablespoonful of cream over the breakfast cereal, or it may be taken from the spoon, and masticated thoroughly.

Bear in mind that a small quantity of food taken at frequent intervals will bring about a cure more quickly than larger meals at long intervals. Do not drink with meals.

MAY EAT

Beef, mutton and chicken, broiled, boiled, baked, roasted
Birds; venison
White-fleshed fish, broiled or boiled
Eggs, soft boiled, steamed, poached; yolks hard boiled, pressed through a sieve, on milk toast
Sweetbreads, creamed or broiled
Olive oil (a little)
Butter (a little)
Whole wheat bread, well baked
Bread sticks; mush bread
Boiled rice; rice pudding
Warm cup custard; junket
Soft custards
Koumys, modified milk
Orange juice
Prunes, dates, or figs, stewed without sugar
Lettuce; celery
Cream soups, as spinach, celery, or lettuce
Carefully-cooked cauliflower
Roquefort or other ripe cheese in small quantities
The early spring mushrooms
New turnips, cooked below boiling point in unsalted water, served with cream sauce
Stewed cucumbers, stewed squash
Baked bananas, cream, horseradish sauce
Young peas pressed through sieve
Cress, chicory, endive, lettuce
A cup of coffee once a day
Very weak tea

AVOID

Boiled coffee
Boiled tea
All sweets
Fried foods
White bread
Crackers
Cakes
Small acid fruits
Pork in all forms
Veal
Turkey
Duck
Cooked cabbage
Beets
Corn, green
Potatoes
Pickles
Spiced foods
Gelatin desserts
Red or dark fish
Salt foods
All the crustacea
Clams
Oysters
Iced water
Acid drinks
Flavored soda water
Starchy foods and sweets in general

ACUTE INTESTINAL CATARRH

In this disease, the intestines need rest. Give stomach digested foods with a minimum of light starchy gruels; beef juice, albumin and water, dried albumin in broth, modified milk without milk sugar, German flour gruel, arrowroot gruel, weak tea, cocoa shells and cocoa nibs, with very little milk; blackberry cordial. Do not give whole milk. As the intestines begin to recover, add to the diet broiled white meat of chicken, broiled fish, soft-cooked eggs, broiled sweetbread. Give six ground almonds once a day, after a meat meal.

MAY EAT

Modified milk, without milk sugar
Albuminized water
Gelatinized water
Tea
Vegetable gelatin with fruit juice
Soft-cooked eggs
Meal cake with six ground almonds
Broiled chops
Meat broths, with dry albumin
Zwieback, Aleurona wafers, almond wafers
Leban
Koumys, occasionally
Strained gruels
Meat juice
An occasional bit of toast
Grape juice
Strained orange juice
Apple juice
Blackberry toast
Huckleberry jelly
Elderberry jelly

MUST AVOID

All vegetable foods
Coarse cereals
Fruits, except those mentioned
All acid foods, as pickles, etc.
Highly-seasoned meat soups
Coffee
Bread
All fats and fatty foods
Puddings
Pies
Cakes
Rich desserts
Sauces
Sea foods

CHRONIC INTESTINAL CATARRH

A person troubled with chronic intestinal catarrh must live largely on broiled meat, dry bread or zweiback, or water crackers. Occasionally very sweet blackberries and ripe peaches, but fruits must not be indulged in too freely. Guava, quince and orange jellies are admissible. Avoid cereals and all coarse vegetables. Junket and junket preparations, warm cup custards, milk toast, golden toast, make pleasant supper dishes, but the diet must necessarily be more or less monotonous for a considerable period.

ULCER OF THE DUODENUM

Give only stomach digested foods at first—white of egg and water, or whey, Meiggs' food, followed by modified milk, if mouth feeding is allowable. As the patient progresses, add barley water to plain milk; German flour gruel; rice water and milk; milk and vichy; albuminized milk; nut milk; fruit gelose; mutton broth cooked with barley and strained; Bartholow's Food; soup à la Reine; cocoa made from the nibs; a little weak tea. During convalescence follow the diet given for convalescing typhoid patients.

Avoid all vegetable foods, breads, coffee, cereals, fruits, except orange and grape juice; sweets; toast; fatty foods, except a little cream; cheese; meats except chopped beef or mutton; rich soups, tomato especially, and sea foods.

CHRONIC CONSTIPATION

Many persons seem totally ignorant of what causes and prolongs constipation. The mind has a more powerful influence over this than over any other disease; for this reason impress upon the patient that the given course of diet is curative.

Among the numerous conditions which cause and prolong this disease are the overeating of starches and the drinking of tea and coffee with sugar and cream with meals.

Too concentrated food, and too great a variety at a meal.

Drinking too little water between meals.

Softened bread or toast by dipping in tea or coffee.

Overeating of sweets, stewed dried fruits with sugar.

Eating heavy meals early in the morning, whether hungry or not.

Disobeying the call of nature until a more convenient hour.

All these things provoke indigestion, with its accompanying nervousness, constipation and lassitude, and a disinclination to be well, and a delight in invalidism.

Such persons could, if they would, even after long continued constipation, bring about better circulation, more natural and healthful conditions. The giddiness and faintness, important complaints in the mind of the patient, are always emphasized at the expense of the real trouble, which continues.

Green vegetables, carefully and simply cooked, fruits, raw or cooked without sugar, between meals or taken as a meal alone, are beneficial. Stewed fruits with meals or at the end of a meal as a dessert, are nine out of ten times constipating.

The few "Dont's" that follow may help you in selecting a suitable diet:

Don't eat an early breakfast, especially in bed.

Don't eat fruits stewed with sugar at the end of meals.

Don't drink at the beginning of a meal.

Don't preface your dinner with a soup.

Don't eat rich sauces.

Don't eat mayonnaise on vegetables; use French dressing.

Don't eat when not hungry. Fresh ingested foods meeting remnants of a preceding meal, rapidly ferment, producing sour stomach, and frequently in turn palpitation of the heart.

Don't eat too great variety at a meal.

Don't drink large quantities of fluids with meals; they cause discomfort and interfere with the action of the heart.

Things To Do

Bathe or sponge every morning; rub until the skin is aglow.

Drink immediately a glass of cool, not iced, water. In thirty minutes drink a cup of clear coffee.

If hungry a little later, eat fruit, or a soft-boiled egg and bacon.

Drink a pint of cool, not iced, water between breakfast and luncheon.

Masticate every mouthful of food thoroughly.

Drink at the end of the meal.

Buttermilk and brown bread make an exceedingly good luncheon or supper.

Take fruits with cereals, vegetables with meat.

At bedtime eat four or five tablespoonfuls of scraped turnip, or grated carrot, or apple, or two ounces of peanut brittle, or a half pint of freshly-popped corn.

When ready for bed, drink a glass of cool, not iced, water.

MAY EAT

Coffee with scalded milk, no sugar
Well-cooked cereals
Steamed figs
Dates
Baked apples
Plums, very ripe, without skins
Grape fruit
Orange juice
Grape juice
Apple juice
Toasted shredded wheat and milk
Bran mush; oatmeal mush
Wheatlet
All top ground green vegetables, carefully cooked
Raw cabbage salad
Lettuce; cress; endive; chicory
Celery
Celery and apple with French dressing
Stewed macaroni without cheese
Baked potato
Baked pumpkin
Stewed squash
Nut foods in place of meat
Buttermilk
Leban; koumys
Matzoon; zoolak; kefir
Broiled white fish
Raw scraped apple at night
Grated turnip with salt
Stewed grated carrot
Milk with milk sugar added
Carefully-cooked spinach
Kale
Asparagus tips
Young peas
Roman meal breads
Bran bread
Graham bread
Whole wheat bread
Brown bread
Corn bread
Gelatin desserts
Vegetable gelatin desserts
Brown Betty
Bread and milk pudding
Chicken
Lamb
Mutton
Chopped meat cakes
Broiled steak
Stewed veal
Sweetbreads
Tripe
Sliced tomato with cocoanut cream
Green vegetable salads
Fruit salads, French dressing

AVOID

Milk with meals
Cheese and cheese preparations
All fried foods
Pies; cakes
Preserves
Coarse vegetables
Soft foods in general
Salt foods
Hot breads
Coffee, tea and chocolate with meals
Stewed fruit with meals
Pickles
White bread
Mashed potatoes
Fried potatoes
Beef tea
Meat soups

APPENDICITIS

Without entering into the causes or theories concerning appendicitis, it is frequently met with in persons who are troubled with habitual constipation, and persons who sit in unnatural positions, stooping over, as tailors, seamstresses, and bookkeepers.

The first important step toward recovery, is to correct the irregularities of the stomach and bowels.

Give up one meal a day, preferably breakfast. A walking patient, going every day to the office, may cut out the noonday meal, taking in its place a glass of buttermilk, matzoon or koumys.

Give plenty of pure cold water between meals and a cup of hot water before dinner.

If breakfasts are not eaten, give in its place a cup of café au lait without sugar, or the juice of two oranges, or a half glass of apple juice.

If breakfasts are eaten, the food must be light and easily digested: Cream of Wheat, farina, Wheatena, wheatlet, shredded wheat, toasted corn flakes, or strained oatmeal and cream, with hard bread or whole wheat bread or Roman bannocks well buttered, are quite enough.

Luncheons should be composed largely of cream soups or milk preparations. For dinners, give boiled mutton, beef, chicken or white-fleshed fish, a baked potato, or boiled rice, or carefully-cooked hominy, or plain macaroni, followed by a dainty salad of carefully-cooked string beans or cauliflower, or asparagus with French dressing.

Rub the plate in which you make the French dressing with a clove of garlic, or cut the clove into slices and mash it with a fork in the oil before adding the vinegar. Garlic is a desirable stimulant in this disease.

Induce the patient to stop eating while the food tastes good. Thorough mastication is of importance.

Do not give desserts.

If constipation is persistent, give a glass of cold water, with a half teaspoonful of salt added, at bedtime, and a glass of cool, not iced, water, early in the morning, an hour before giving the coffee.

Do not depend on large quantities of meat for the nitrogenous portion of the diet; substitute eggs, milk, and ground nuts. Whole wheat bread well buttered, milk preparations, as koumys, matzoon, clabber and buttermilk, are all advantageous.

Avoid dried fruits, fruits stewed with sugar, pork, veal, old peas, beans, lentils, dry toast, milk toast, rich sauces, meat soups, pies, puddings, cakes, preserves, candies, pickles, and sea foods, with the exception of white-fleshed fish.

MAY EAT, IN EARLY STAGES

Milk and cream
Modified milk with double quantity of sugar of milk
Meigg's Food
Egg and milk
Fruit juices, especially orange and apple juice
Prune pulp
Prunes, steamed, without skins
Grape fruit
Baked apple
Apple sauce
Cranberry jelly
All fruit jellies not too sweet
Coffee, if allowable

LATER

Whole wheat bread, well buttered and masticated thoroughly
Cornmeal soufflé
Baked potato
Milk soups
Carefully-cooked strained cereals
Spinach
Purée of green peas
Asparagus tips with French dressing
Sliced tomato without seeds
Purée of tomato
Stewed cucumbers
Stewed squash
Nut roll
Almond and apple pudding
Eggs, poached, steamed, and hard-boiled yolks
Artichokes
Jerusalem artichokes
Cauliflower
Purée of sorrel
Stewed rhubard
Boiled mutton, beef and chicken
White fish, broiled or boiled
Game

AVOID

All bulk foods
Skins of fruit and vegetables
Pork; veal
All fried foods
Lobsters, crabs, clams, oysters
Mashed potatoes
Boiled cabbage
Underground coarse vegetables, as turnips
All complicated sweets
Toast, dry, buttered or milk
Seeds of small fruits
String beans
Pickles of all kinds
Condiments
White bread
Soft drinks
Lemonade
Milk
Chocolate; tea

CHRONIC DIARRHŒA

During the severe symptoms of this disease the patient must eat predigested foods, adding, as conditions allow, mutton broth, ground rice gruel, barley water, and scalded milk; and later, a broiled lamb chop, meat juice on toast, a little minced chicken, and a scraped meat cake. Tea may be taken in the morning, and again in the afternoon, but not with other food. Moderately hot and clear, it is a stimulant.

In certain conditions, even in chronic intestinal diarrhœa, the patient will be troubled with constipation. This does not mean that the disease is cured; it is simply another phase of the same trouble. Return to the liquid diet, modified milk, or add sugar of milk to ordinary milk. Stop solid foods for the time being, and the tea. Use no purgatives unless ordered by the physician.

MAY EAT

Predigested milk
Modified milk without milk sugar
Blackberry cordial
Elderberry toast
Blackberry toast
Mutton broth, with barley and rice
Browned rice gruel
German flour and milk
Barley gruel
Toasted crackers
Zweiback
Hard dry toast
Weak tea
Mulled port wine
Port wine whey
Claret whey
Fresh grape juice
Concord grapes
Soft ripe peaches

followed later by milk soups, hard crackers, lamb chops, boiled minced mutton, Cream of Wheat, well cooked and thoroughly masticated, a little boiled rice, and an occasional baked potato.

AVOID

Variety at meals
All vegetable foods except baked potato and boiled rice
All uncooked vegetables
Prunes
Figs
All fried foods
Coffee
All the crustacea, oysters, clams and fish
Soft breads
Rich sauces
Soups
Pies
Cakes
Puddings
Dates
Pears
Rhubarb
Strawberries
Raspberries
Currants
Citrus fruits
Pork
Veal
Bacon
Ducks
Geese
Turkeys

ACUTE DYSENTERY

In this disease milk foods must be depended on. Dry albumin in modified milk, Meiggs' food, modified milk without sugar of milk, mutton broth boiled with rice or barley and strained; dry toast, zweiback, water crackers, boiled rice, arrowroot gruel, bouillon or consommé, "ye perfect food," cornmeal gruel, milk and barley water, German flour gruel, blackberry jelly, blackberry drink, grape juice, ripe blackberries without the core, and very ripe peaches. Give vegetable gelatin flavored with brandy once a day. Two hour feedings are recommended in acute cases.

As the patient begins to convalesce, milk soups, buttermilk, leban, koumys, may be added, followed by broiled chops, boiled mutton, scraped beef cake, an occasional bit of broiled fish, with baked potato, boiled rice, and sometimes a little stewed macaroni. Variety must come from change of service and cooking, as this list must be adhered

to for some time. A second attack is frequently more difficult to cure than a first.

MAY EAT, WHEN CONVALESCING

Broiled, boiled or roasted mutton
White fish, broiled
Baked potato
Boiled rice
Cream of Wheat
Farina
Eggs, soft
Raw eggs
Milk and milk preparations
Junket
Occasionally tapioca, cup custards, soft custards
Zweiback
Pilot bread
Brandy gelose
Water crackers
Hard toast
White bread without lard
Tea
Vegetable gelatin desserts
White of egg on orange juice
Dark, ripe grapes, without seeds or skins
Very ripe peaches
Toast water
Blackberry dishes
Elderberry jelly
Guava jelly
Orange marmalade

AVOID WHEN CONVALESCING

All coarse vegetables
Bran bread
Cereals
Fruits, except those mentioned
Fats and fatty foods
Coffee
Chocolate
Cocoa
Raw vegetables
Gelatin
Sweets, pastries and preserves
Sea foods
Pork
Beef
Veal
Chicken
Salt foods
Soft bread

DIET IN HEMORRHOIDS

Strange as it may seem, diet has a marked influence over this disease. If people lived correctly, irregularities of this kind would never occur. Chronic constipation follows indigestion, and hemorrhoids follow chronic constipation, so, after all, the stomach is the "hub" on which the body revolves.

MAY EAT

Baked potatoes
Grated and stewed carrots
Carefully-cooked spinach
Cauliflower
Young sweet peas
All green vegetable salads—especially string bean salad
Onions, carefully boiled, baked, made into soup
Cereals, well cooked
Graham bread
Unleavened bread
Corn bread
Whole wheat bread
Nut milk
Vegetable gelatin dishes
Leban
Koumys
Matzoon
Buttermilk
Clabber
Broiled and roasted beef
Mutton
Chicken
Duck
Turkey
All fresh fruits
Dates
Figs
Prunes, cooked without sugar
Fruit juices
Tomatoes, raw or baked
Eggs
Butter
Cream
Cocoanut cream
Kefir
An abundance of water

AVOID

All fried foods
Pork
Veal
Fat meats
Fruits with seeds
Rhubarb
Pickles
Sour dishes
Asparagus
Boiled cabbage
Old beans, peas and lentils
Cheese
All spiced dishes
Alcoholic beverages unless ordered
Strong tea
Rich sauces
Meat soups
Puddings
Pies
Cakes
Candies

PERITONITIS

In the early stages of this disease give modified milk, white of egg beaten in water or whey, a little mutton broth, chicken tea or chicken broth, veal and lamb broth, all strained; port wine whey; junket whey; gelatin water, or toast water. As the disease subsides, add a little strained gruel, milk, koumys, leban or matzoon. When solid foods are allowable, add a little scraped meat, broiled, coddled eggs, junket and junket preparations and cream soups; followed by a broiled chop, broiled bird, zwieback and milk toast.

Avoid for a long time all starchy foods, excessive fats, the curd of milk unless it is especially treated, raw vegetables, and fruits, except fruit juices.

MAY EAT, IN EARLY STAGES

Modified milk
White of egg beaten with water
Strained mutton broth
Chicken tea
Chicken jelly
Beef jelly
Veal and lamb broth, strained
Port wine whey
Junket whey
Gelatin water
Toast water
Arrowroot gruel and milk

FOLLOWED BY

Strained gruels
Milk
Koumys
Matzoon
Bonnyclabber
Buttermilk
Bartholow's Food
Beef panada
Gelatin bouillon
Bouillon à la Colbert
Semi-solid beef
Eggs

LATER

Scraped meat cake
Broiled chop
Stewed tripe
Oyster soup
Oatmeal broth, with mutton
Cornmeal broth with mutton
Sweetbreads
Chicken soufflé; chicken puff
Chicken in potato cases
Golden chicken
Ceylon chicken
Baked potato
Boiled rice
Stewed prunes
Baked apple
Fruit juices
Toast, hardtack or cocoanut fingers

AVOID, FOR A LONG TIME

Excessive fats
Starchy foods
Mashed potatoes
All underground vegetables
Coarse vegetables, as kale and cabbage
Condiments
All highly seasoned meats, soups and sauces
Curd of milk unless especially treated
Raw fruits, except orange juice and grape fruit
Sour foods
Raw vegetables

OBESITY

Obesity is the natural result of overeating and drinking, and a disinclination to regular exercise.

The reduction of fat, while it does not necessarily involve a radical change in diet, does involve great will power and patience on the part of the patient. An excess of fat must be looked upon as an objectionable form of disease. It does not come without invitation. One frequently notices among members of the same family, eating practically at the same table, great differences in weight, and the excuse of the overfat is they are inclined to store fat, or it is an inherited tendency from some remote ancestor. Upon observation, however, one will find that the fat person eats a large quantity of fat-producing food—sugars and starches—and drinks large quantities of liquids with meals, while the thin person will live largely on nitrogenous compounds—lean meat, eggs and milk. Both are in danger, but it is more difficult to add fat to the lean person than to reduce the obese.

The quantity of food given is of far greater importance than a radical change. If the patient has been in the habit of taking a heavy breakfast—cereal, egg and toast, with coffee—drop first the cereal, continue the egg and toast, and coffee; later, drop the toast, and take the coffee early in the morning, and a raw egg and milk later. If hunger is felt in the middle of the morning, give a cup of clam broth or

bouillon, or a glass of water. A radical change frequently upsets digestion and produces undesirable conditions. Increase slowly the exercise, both mental and physical; this will absorb a portion of the fat already stored in the body, and you will begin at once to reduce the weight. The overfat woman is more liable to disease than the overfat man, because she naturally takes less exercise, and to correct her unsightly figure she wears tight clothing, pushing the fat from one place to another, frequently on the diaphragm, in turn upon the heart, which reduces the circulation until she really becomes an invalid.

Her face is purple, the end of her nose is red, her breathing heavy and short, and she is pitiful to behold. Light gymnastic exercises, without apparatus, should be taken morning and night. Strengthen the muscular tissues of the body by increasing the nitrogenous foods—lean meats, old beans, peas, lentils, nut foods, milk and eggs, and decreasing the starches and sugars. Keep up the bulk by using green vegetables, carefully cooked, tender lettuce, cress, with a little lemon juice, and fruits and fruit juices. Give a little cool water between meals, but not with meals.

A Word About Coffee—Coffee is a laxative if it follows a glass of cool water in the early morning; it also spares the tissues, and, in reducing weight, the patient should take a cup of good percolated coffee, at least once a day, if it agrees. In fact, the first meal of the day may consist of one cup of good, strong coffee, diluted with one cupful of scalded, not boiled, milk. The writer sees no objection to a small cup of coffee after dinner, if it does not upset digestion. The stimulating principles of coffee spare the tissues and assist the obese in reducing weight. Coffee, unlike alcohol, allays rather than increases the appetite.

Give two meals a day, and no nibble between meals. For dinner, give two well-broiled chops, or two poached eggs, or a steak or chicken. For dessert, a half pound of

grapes, or one ripe peach, or one baked apple, or better still, a dish of lettuce with a few drops of oil and lemon juice, and a cracker with a bit of ripe cheese.

Suppers should be light and composed of easily-digested foods, as milk toast; hard-boiled yolks of eggs and hard bread; chopped rare meat sandwich; koumys; matzoon; buttermilk; one slice of brown bread and a glass of buttermilk; or one glass of matzoon and two Uneeda biscuits; broiled sweetbreads, eggs in various forms, lettuce, chicory or endive salad, apple and celery salad, sliced oranges, two baked bananas with two ounces of gluten bread.

The very obese should rest after the noonday meal, but after supper should take a short walk. Rest by changing the occupation. Play tennis or golf every day.

MAY EAT

Clear vegetable soups
Meat broths, strained
Chicken tea
Chicken jelly
Chicken in jelly
Broiled, boiled and baked beef, mutton and chicken; occasionally veal
Broiled chipped beef
White-fleshed fish
Eggs, lightly cooked
Tender green vegetables, as cooked cucumbers, squash, string beans
Lettuce, chicory, celery, endive and raw cabbage, with lemon juice and a little oil
Stewed turnips
Spinach
Kale
Asparagus
Onions
Cauliflower
Brussels sprouts
Dandelions
Sour dock
Artichokes
Olives
Tomatoes
Fruit juices without sugar
Raw fruits without sugar
Very little stale bread
Cocoanut fingers
Almond wafers
Aleuronat gems
Gluten gems
Junket from skimmed milk
Buttermilk occasionally
Ripe cheese, as parmesan and schmierkase

MAY EAT—Continued

Hazel nuts and cob nuts
Soy bean preparations
Coffee without sugar and cream
Clear weak tea
One glass of water between meals
Oranges
Grape fruit
Ripe peaches
Baked apple without sugar and cream
Currants
Raspberries
Blackberries

AVOID

Milk soups
Butter
Cream
Olive oil, except a little on green vegetables
Sea foods, except white fish
Salt foods
Pork
Veal
All made meat dishes
Rich sauces and soups
Potatoes, sweet and white
Macaroni
Cereals
Rice, except occasionally
Parsnips
Beets
Corn
All sweet dishes and candies
Malt and alcoholic liquors unless ordered
All sweet wines, including champagne
Pickles
Bacon
Breads in general
Duck
Goose
Liver and kidneys
Dates and figs
Pears
Chocolate and cocoa
Water in large quantities

DIET FOR LEANNESS

The writer does not believe that leanness is really a disease that needs to have either dietetic or medical treatment, except when accompanied by anæmia, tuberculosis, or diseases of this kind. The ordinary person who is perfectly well, and lean, is to be congratulated; he is sure to have a long and comfortable life. People with nervous activity, who are perfectly well, are apt to be lean, and it is well to let this leanness alone. "A lean dog is good for a long chase." Oils, butter, cream, milk, cocoa, chocolate, cocoanut fat, bread well buttered, baked potatoes with butter, well-cooked cereals with cream, oatmeal and cornmeal are all fat-producing foods. Such sweet dishes as figs, dates, prunes, farinaceous foods with sugar and cream, and honey, are to be recommended. A person who is lean should avoid acids, pickles, bulky foods, as turnips, cabbage, carrots, parsnips, and substitute potatoes, rice, stewed macaroni and cereals. They may also add to the diet now and then a dish of preserves, jellies, or fruits with sugar; and may take between the morning and noon, and the noon and night meals, a glass of milk and an egg, or a glass of plain milk, or a glass of buttermilk. All foods must be thoroughly masticated.

Give an ounce of butter and a third of a half pint of cream at each meal.

For the morning meal, give two soft-boiled eggs, a piece of dry toast, or a piece of whole wheat bread, well buttered. If dinner is taken at noon, it should consist of a small quantity of cream soup, a piece of steak or a chop, chicken or a roast, with whole wheat bread, well buttered, a baked potato, followed by a cup of whipped cream, or some dessert over which cream can be used. For the night meal, use a cereal and cream, baked and stuffed potato, potatoes *au gratin,* with a chop or omelet, or broiled chicken, or sweetbread, with three or four stewed figs or prunes, with cream, or a cup custard and sponge cake.

Remember, to increase weight one must keep the digestive tract in a perfectly healthy condition. If cream disagrees, stop it at once, and give milk and egg. Give a glass of water at the close of each meal, not with the meal. If digestion is slow, give six blanched, not roasted, almonds after each meal. Two or three times a week, slice two Brazilian nuts over a lettuce salad, and dress the salad with two tablespoonfuls of olive oil and a teaspoonful of vinegar or lemon juice.

Theoretically all these foods increase fat, but they fail utterly, from a practical standpoint, if they upset digestion. Give three good meals a day, and egg and milk between meals.

MAY EAT

Cream soups
Broiled beef
Mutton
Turkey
Chicken
Game
Breakfast bacon
Good white bread, well baked
Baked potatoes
Asparagus
Onions
Cauliflower
Rice
Macaroni
Hominy and hominy grits
Well-cooked cereals, with cream
Salads
Butter
Olive oil
Cocoanut cream
Such nuts as pecans, black walnuts, piñons, a few almonds and peanuts
All forms of sweet fruits
Light cream desserts
Fruits

AVOID

All bulk foods, as
Cabbage
Turnips
Kale
Clear soups
Sea foods, with the exception of white-fleshed fish and oysters
Candies
All salt meats
Pies, puddings and cakes
Rich sauces
Liver and kidneys
Tripe
Pork
Veal
Pickles, lemons, olives
Fried foods

GOUT

Gout, like rheumatism, may be cured on a "shilling a day," if you earn it. The overfed and underworked—the idle—are frequently gouty.

Give plenty of pure water between meals; fruit juices, especially orange, apple and grape juice; the yolk of an egg in milk; the hard-boiled yolks grated over milk toast; purée of nuts; purée of lentils; sweet fresh peas and corn; an occasional bit of broiled white-fleshed fish, with an abundance of succulent green vegetables lightly cooked. In fact, such tender uncooked vegetables as lettuce, cress, celery, endive, with citrous fruits, should form the bulk of the diet. Give at least two quarts of water a day between meals, and insist upon the patient giving up all red meats, pink-fleshed fish, the crustacea, lobsters, crabs, oysters and clams, subacid fruits, sweets and highly seasoned soups and sauces. Purée of lentil and purée of nuts must take the place of meat. Do not reduce the gouty obese patient too rapidly. The general vitality must be kept up. For this reason avoid the bulky foods, such as coarse underground vegetables, potatoes, and white bread. Give skimmed milk in place of whole milk. Buttermilk, matzoon and zoolak are to be preferred to sweet milk.

When digestion is weak and the patient emaciated, give lean chopped mutton cake, once a day; the yolk of a hard-boiled egg on toast, once a day; sweet milk with a little cream between breakfast and luncheon. Boiled rice, stewed cucumber or boiled string beans may be given with the mutton cake.

MAY EAT

All forms of hard bread
Milk soups without butter
Vegetable soups—no meat
Clam broth
Bellevue bouillon
Skimmed milk
Roquefort cheese (small quantity)
Yolks of eggs occasionally
Broiled bacon
Chopped meat cakes, broiled
Farinaceous foods and cereals
Rice
Sago and fruit
Tapioca and fruit
Strawberries, if they agree
Vegetable gelatin, with fruits
Nut dishes
Purée of lentils
Young peas
French canned peas
String beans
Celery
Stewed turnips
White potatoes, occasionally
Okra
Artichokes, French and Jerusalem
Stewed cucumbers
Light salads, little oil and plenty of lemon juice
Stewed summer squash
Cauliflower
Kohl-rabi
Baked eggplant
Lettuce, cress, endive

AVOID

Meats in general; pork, veal and salt meats in particular
All appetizers, as anchovies, caviar, herring and herring roe
All warmed-over meats and entrées
Fat foods in general
All fresh hot breads; buckwheat cakes
Pastries, preserves and candies
All sweet drinks
Jams and jellies
Such green vegetables as radishes, asparagus, rhubarb, spinach, tomatoes, garden cress, beets, parsnips, salsify, yellow turnips, boiled cabbage, onions, baked beans
Melons, peaches, plums, nectarines, apricots, grapes, figs, bananas, prunes
All sour foods and condiments; pickles and spiced dishes
Indigestible foods, as mushrooms sea foods and cheese

The above dishes may be arranged in menus so that each meal will be attractive and appetizing and still simple.

Give a cup of clear coffee, without milk or sugar, or fruit juice, early in the morning; the heavy meal at noonday, and supper at six o'clock, composed largely of cereals.

Caution—If the patient has been in the habit of taking wine with every meal, cut it off gradually. If tea and coffee disagree, give an infusion of cocoa nibs or shells,

with a very little milk or cream. Rich chocolate and cocoa must be avoided. Saline waters are to be recommended for the obese. A man who has been accustomed to strong drink generally prefers a saline water, purchased at a drug store, to a good spring water. Humor him in these matters. If the patient is thin and rather anæmic, do not give him saline waters. Give plain pure soft water.

Watch the patient carefully, and note the results from every meal. It is of utmost importance that the stomach should be kept in good condition.

RHEUMATISM

One cannot decide for one's self whether one has rheumatism or not. Twinges of pain may come from other causes. Where rheumatism occurs, the care of the skin is of equal importance with food. The patient must be protected from sudden changes in the weather. A sudden change from dry to damp, from hot to cold, will frequently cause much trouble. On the other hand, he must not sit in a close, overheated room; this makes one sensitive to cold. See that the patient is warmly dressed in light wool, that he may live in the open air; this, with correct food, will aid greatly in a cure.

There are two kinds of rheumatism, one a sort of first cousin to gout, which comes to the obese, the individual who always gratifies his appetite on rich, highly-seasoned foods; the other we find in rural districts, among persons who live on illy-selected foods—pork and potatoes, followed by pie, all washed down with weak tea or coffee, for dinner, and bread and butter and stewed fruit for supper; or those who take milk with their meals as a "beverage."

Persons in the first class should be made to live on a "shilling a day," and earn it. Wines must be exchanged for large drafts of pure cold water. Rich nitrogenous foods, sauces, soups, entrées and sweets, must be given up entirely.

Eggs and milk may now and then be given in the place of meat. Boiled rice and carefully-stewed macaroni, with such cereals as Cream of Wheat, farina and hominy grits, must take the place of potatoes. Milk soups must take the place of meat soups. Green vegetables in goodly quantities should be added to the diet. A dish of lettuce salad, with a little oil and lemon juice, well-cooked spinach, cucumbers, tender celery, carefully-boiled dandelions, cooked cress, Romaine, string beans, young green peas, okra, Jerusalem and globe artichokes, are all admissible. An occasional piece of broiled white fish, or a few broiled oysters, or a little stewed veal, are allowable in cases that are not severe. Bread must be stale and dry. Tea and coffee with sugar and milk must not be given.

A cup of black coffee is admissible after the morning bath and before the breakfast.

Fruits may be eaten between meals, but not with other foods.

Starchy foods should consist of carefully-boiled rice, macaroni, carefully-boiled chestnuts, with now and then a sweet potato; tapioca flavored with fruit juices, and sago. Cream soups are always allowable, but must not be taken with other foods; with whole wheat bread or hard white bread they form an easily-digested night meal. Milk toast may be given for breakfast, or supper.

Class two must be fed wheat germ cereals, shredded wheat or oatmeal with cream, egg and milk for breakfast. Lean beef, mutton, chicken, purée of lentils, Roman bread, corn bread, wheat bread, well buttered, cup custards, suet puddings, occasionally, for dinner. Junket, milk foods, leban, buttermilk, brown bread, milk toast, eggs and chops for supper. Rice and cream are also good.

If the patient is in bed, give a tepid bath and rub about eight o'clock in the morning; then a half pint of cool, not iced, water to drink, then a rest for thirty minutes, followed by a breakfast of one toasted shredded wheat biscuit, or a saucer of Wheatlet with a half pint of pasteurized milk.

At twelve o'clock give a dinner, consisting of whole wheat bread and butter, broiled meat, with a dish of stewed prunes, or three or four ripe peaches, or a half pound of dark grapes.

In the middle of the afternoon give a half pint or more of soft, cool water, not iced. There is no objection to a glass of milk in the middle of the afternoon if the patient seems hungry, but water, after all, is the keynote to recovery. At five o'clock give a purée of lentils, or any of the cream soups, leaving out all high seasoning. Vary the foods, but keep up this routine until the patient is better. A glass of milk may be given at bedtime, if necessary.

Even after cured, the patient must continue a simple diet for many months.

RHEUMATICS MAY EAT

A little chicken
White-fleshed fish
Lightly-cooked eggs
Milk and milk foods
Purée of peanuts
Milk soup
Boiled rice
Stewed macaroni
Boiled chestnuts
Popped corn
Fruits, except dates, figs and prunes
Fruit juices
Carrots
Young peas
Stewed squash
Stewed cucumbers
Artichokes
Lettuce
Cress
Endive
Celery
Cauliflower
Brussels sprouts

MUST AVOID

All meats, except chicken
Sea foods, except white-fleshed fish
Fried foods
Pies
Cakes, cookies
Candies
Rich puddings
Rich sauces
Meat soups
Jellies
Preserves
Tea with sugar and cream
Coffee with sugar and cream
Fruits stewed with sugar
Liquids with meals
Fresh bread
Hot breads
Griddle cakes

CHRONIC RHEUMATISM

The treatment of chronic rheumatism differs from that of the acute disease.

Most persons with this disease are underfed and badly nourished; they have been starved in the land of plenty; they have been ignorant of the foods necessary for perfect nutrition. It is not an unusual thing to find chronic rheumatism among the tea and toast maidens, or the so-called vegetarians of the rural districts, who live on bread, fruit, cereals, "weak" tea or coffee, or cambric tea, or pork and potatoes—all *carbonaceous* foods. They usually have heavy dinners in the middle of the day, go to work quickly after eating, and their suppers are "light," composed of doughnuts, stewed fruits, white bread, all well washed down with two or three cups of tea. Persons of this type are naturally "subject to colds." They wear three or four times as much clothing as is necessary for warmth, and heavy flannels which prevent normal activity of the skin — in fact, the skin is almost in a dead condition. If they remove their underclothes at night and shake them out, a fine white powder falls over the floor. They sit in a warm, unventilated room, and sleep in a room with the "night air" shut out. These people look on pure air and water as their greatest enemies.

Feed these patients rather than starve them. Give them eggs and milk, and red meats. Lean beef is frequently found advantageous. Cream soups are advisable; yolk of egg and milk; infant foods, as Eskay's, malted milk and Mellin's food; junket; now and then a glass of koumys. Tea and coffee can be taken between meals alone, but never with food. All foods must be thoroughly masticated. The use of sour milk and buttermilk must be determined by the physician; in certain cases they are good, in others bad. Give cottage cheese three or four times a week in the place of meat; stale bread and rice are the acceptable starch foods. Give citrus fruits and apples.

LIVER TROUBLES

Just what is meant by liver troubles must be decided by the physician. Overeating of rich or badly-cooked food, and overdrinking, will frequently overtax both the digestive tract and the liver. Persons who indulge excessively in sweets, preserves and cream are apt to have what they call "torpid liver." The portal system of the liver has been overtaxed. Give it rest before it is too late.

Biliousness is another term inaccurately used to express a functional disorder of the liver where there is an excessive secretion of bile. An excess of food, both in quantity and quality, may now and then be disposed of in a "bilious attack"; if, however, this warning is disregarded, more serious troubles may result.

Of all the organs of the body, the liver responds most quickly to a correct diet. Cut off at once fried foods, sweets, entrées, sauces, liquors, pork, veal, sea food, tea, coffee, chocolate, for at least a year, and note the change. Give plenty of water between meals. Substitute whole wheat bread for white. Boiled chestnuts and rice may take the place of potato. Fruit will take the place of desserts. Fruit juices should be taken once or twice a day. Give green vegetables every day, asparagus, spinach, summer squash, cucumbers, lettuce, cress, endive with French dressing made from a little oil and lemon juice. Hard bread is to be recommended, because it requires mastication, which aids digestion, and good digestion aids in the activity of the liver. Do not give water with meals but plenty between meals. If foods disagree, drop them at once. If flatulency occurs, too much starch or fat has been given. Give the heaviest meal in the middle of the day; a light supper, composed of eggs, milk toast, cereals, or cocoa with toast. Buttermilk and leban are to be recommended.

MAY EAT

Chicken
Beef
Mutton
White-fleshed fish
Clam broth
Oyster bouillon
Nut milks
Stale bread
Whole wheat bread
Boiled rice
Leban
Koumys
Clabber
Buttermilk
Tender green vegetables, carefully cooked without fat, as spinach, string beans, asparagus, summer squash, stewed cucumbers, dandelions cooked and raw
Delicate green salads with French dressing
Tender celery
Fruit juices
Apples
Oranges
Grape fruit
Strawberries
Raspberries
Currant juice and raspberry
Prunes
Figs
Spinach
Kohl-rabi
Stewed cucumbers
Summer squash
Young peas
Water cress
Watermelon
Nut dishes
Broiled or roasted beef, mutton and chicken
Sweetbreads and tripe
Grapes
Eggs occasionally
Junket
Milk and vichy
Lemonade
Raspberry vinegar
Blackberry vinegar
Plenty of water

AVOID

Fatty foods
Pies, cakes and puddings
Sweet dishes
Candy
Fruits stewed with sugar
Pears
Cantaloupes
Peaches
Potatoes
All spices
Pepper
Salt in quantities
All fried foods
Tea
Coffee
Chocolate
Cocoa
Veal
Pork
Sausages
Hot breads
Buckwheat cakes
Crustacea
Old peas and beans
Corn breads
Alcoholic and malt liquors
Tomatoes
Turnips
Beets
Carrots
Sweet potatoes
Cabbage

AVOID—Continued

Cauliflower; brussels sprouts
Kale; pickles
Rich sauces and soups
All salt foods
All dried fruits
Internal organs, as liver, kidneys
Cereals
Such oily dishes as sardines, canned salmon — in fact all canned fish should be avoided

Fatty Liver—Salisbury restricted his patients, who had fatty liver, to a diet of from one to three pounds of chopped lean beef per day, with an orange or a half pound of white grapes. The meat must be put twice through a meat grinder, slightly salted, made into small cakes and broiled; a few drops of lemon juice may be added at the last minute.

If the patient is tubercular, serve with the meat cakes a green salad, or carefully-boiled rice with a little melted butter. Between meals each day give a pint of milk and two eggs, and the juice of two oranges early in the morning.

Starch Liver—In this disease the diet is practically the same as for Fatty Liver.

CATARRHAL JAUNDICE

In this disease a fast is frequently the first aid to recovery. When feeding is allowable, begin with a small quantity of light food: whey, clam broth, albuminized water, albuminized whey, buttermilk, leban, matzoon, zoolak, lemonades, and fruit juices with effervescing waters.

If these foods agree and the fever subsides, add a little nut milk, Cream of Wheat and skimmed milk, milk toast made from skimmed milk, mutton broth, beef broth, chicken broth; later, beef panada, soup à la Reine, beef pats, broiled; a broiled chop; zweiback or hard toast; raw fruits alone, not with meals. If the patient has been a coffee drinker, give a small cup of clear coffee the first thing in the morning. Lemonade with effervescing waters may be used freely. Avoid all sweets, fats, eggs, fried foods, indigestible meats, as pork and veal, sea foods,

coarse vegetables, pickles, strong tea and coffee, chocolate, cocoa, hot and soft breads.

CIRRHOSIS

This disease, which usually accompanies alcoholism, must have very careful feeding. Usually a milk diet, interchanged with whey and milk preparations, is used for several weeks or months. Bartholow recommended the "grape cure" and the "whey cure," but the selection of food for this disease is best left to a physician, as each individual case requires individual feeding.

GALL STONES

This, like a hundred and one other diseases, comes from faulty digestion. Gall stones are found more frequently in persons who have passed middle life, whose digestion and assimilation for fats, sweets and starches are gradually lowering, and among women who wear tight clothing, or those who sit in cramped positions, as tailors, dressmakers and sewing machine operators. In these cases give a well-cooked cereal, Cream of Wheat, gluten mush, farina, banana flour mush and taro mush with *cream*. Broiled white meat of chicken or white-fleshed fish, with lettuce, cress, endive, spinach, cauliflower, asparagus, oranges, grape fruit, and lemonade with very little sugar, must form the bulk of the diet. A baked potato may be eaten once a day. Yolk of egg with milk, with hard bread, may be eaten now and then between meals. Weak tea may be given in the afternoon and plenty of soft water between meals. A tumblerful of hot water the first thing in the morning and last at night, will be advantageous.

MAY EAT

Coffee early in the morning
Tea in the middle of the afternoon, without food
Olive oil in goodly quantities
Lettuce and cress with French dressing
Cabbage
Brussels sprouts
Acid fruits
White bread
Unleavened bread
Gluten biscuits
Cocoanut sticks
Fruit gelose
Baked potatoes
Potatoes mashed and baked
Nut dishes
Hard-boiled yolks of eggs
Grapes
Lemonade
Orangeade
Effervescing waters
Plain water in abundance
An occasional nut dish
Almond milk
Leban
Koumys
Buttermilk
Clabber
Albuminized milk
Albuminized whey
Orange juice and white of egg
Apple juice and white of egg
Baked apples
Strawberries
Strained currant juice with effervescing waters
Grape juice

AVOID

Avoid all the internal organs of animals used as food
Calves' brains
Tripe
Kidneys
Sweetbreads
Liver
Old peas
Beans
Lentils
Bananas
Dates
Prunes
All fried foods
Fat meats in general
Sea foods in general
Yolks of eggs
Peaches
Carrots
Figs
Raisins
All made dishes
Sweets of every kind

SICK HEADACHE

Sick headache, like biliousness, is foremost among the diseases that come from an over-rich, incorrect or badly-cooked food. It seems to be a disease of women, and strangely enough, the writer has seen a grandmother impregnate two succeeding generations of women with the idea that they must have it, because she and her mother had it. Progression would cease if such thoughts were common. Let us inherit the good, and strive to correct the bad of our ancestors.

MAY EAT

Breakfasts:
- One cup of clear coffee, or
- The juice of two oranges, or
- A grape fruit, or
- A saucer of prunes, without sugar, or
- A mellow sour apple,

All without other food

10.30:
- A glass of zoolak, or buttermilk, or koumys, or skimmed milk

12.30 luncheon:
- A bit of white-fleshed fish, or
- Chicken, boiled or broiled, or
- Boiled calf's head with lemon juice, or
- Acid fruits without sugar
- Boiled calf's feet with lemon juice,
  - With asparagus, or spinach, cress, dandelions, endive, cauliflower, kohl-rabi, cucumbers, stewed summer squash, stewed young turnips, string beans without fat, stewed tender celery
- Gluten biscuit
- Stale bread
- Whole wheat bread
- Water between meals
- Acid fruits with meat, not bread
- Strawberries
- Oranges
- Grape fruit
- Water ices, now and then

AVOID

Tea
Coffee
Chocolate
Soups
Pork
Veal
Turkey in particular
Goose
Game
Rich sauces
Puddings
Pies
Cakes
Sweets
Cabbage
Kale
Peppers
Carrots, except grated raw
Sweetbreads
Tripe
Liver
Sea foods
Kidneys
Starchy foods, as potatoes, rice, macaroni
White bread; hot breads
Sour dishes; pickles
Mayonnaise dressing
Tomatoes
Old peas, beans and lentils
Rice
Sweet fruits
Fried foods
Fats in general
Ice creams

DISEASES OF URINARY SYSTEM

It is a well-known fact that a large quantity of foods rich in protein throws undue work on the kidneys, and the poisons retained greatly influence the composition of the urine. Kidney troubles usually come to men who have passed forty-five or fifty, those individuals who eat meat three times a day "to keep up their strength." Diseases caused by incorrect diet are greatly modified by correct diet. In most of these troubles a skimmed milk diet is to be recommended. Large quantities of water are advantageous. If the patient will not take plain water, buy a good spring water and use it plentifully. I have observed that the sick feel that a bottled water purchased at a drug store has a greater curative power than a good cool, soft water drawn from their own spigot or spring.

In many of these diseases, after a cure has been effected, a simple vegetable diet will enable the person to live comfortably for many years. All meats must be permanently given up. Sugars and starches must be limited.

Alcoholic and malt liquors are injurious. The diet must be composed largely of fruits, green vegetables, milk and milk preparations. Oranges, grape fruit and lemonade without sugar are frequently beneficial. Strange as it may seem, the fruits that contain organic acids frequently by virtue of their salts, promote alkalinity of the blood and urine. Such green vegetables as spinach, cauliflower, Brussels sprouts, savoy, onions, string beans, lettuce, endive, celery, young turnips, and very young carrots, are admissible.

There is a great variety of opinions regarding asparagus. Some physicians order it frequently for urinary troubles, others condemn it. One writer claims that the peculiar odor that is noticed after even a small quantity of asparagus is eaten, is due to an oil rich in sulphur, which is in some way digested or converted in the intestines, and has nothing whatever to do with the kidney action.

The most common of these diseases will be treated under their special headings.

URIC ACID DIATHESIS

The causes of this disease are, as a rule, excessive eating of rich foods and lack of exercise. The blood contains an excess of uric acid or its salts.

It frequently follows digestive troubles of long standing. Uric acid should be converted into urea, if all the functions do their work properly; but if there is any lack of oxidation in the tissues, the process is frequently upset or entirely checked, and sediment appears in the urine. When this occurs, animal foods and sugar must be reduced in amount, or better still, entirely given up. Substitute nitrogenous vegetables, such as soy beans and lentils, and milk, for meats. The morning bath and rub, and exercise in the open air, are of importance; in fact, the patient would recover in much less time if he would live and sleep out of doors.

MAY EAT

Cream soups
White-fleshed fish, broiled or boiled
An occasional bit of chicken
Soup à la Reine
Purée of lentils, peas, old peas and beans
Vegetable gelatins, unsweetened
Very little butter
Dishes made from yolks of eggs
Coffee, cocoa, chocolate, broma, alkathrepta, racahout, without sugar
Skimmed milk
Modified milk
Whole wheat bread
Oatmeal bread
Unleavened bread
Crisp crackers
Well-cooked cereals
Rice and arrowroot, but not with sugar
Macaroni and spaghetti, without cheese
Gluten mush
Gluten bread
An occasional aleuronat gem
Soups, maigre
Fresh green vegetables
Peas
Lima beans
Tender hearts of lettuce
Young celery
Baked potato
Globe artichokes
Stewed turnips
Jerusalem artichokes
Fruits without sugar
Fruit juices
Roborat

AVOID

All sweets
Red meats
Sauces
Meat soups
Yolks of eggs
Fat
Pork
Veal
All pink-fleshed fish, crustacea, oysters, clams
Rhubarb
Gooseberries
Strawberries
Grapes
Pears
Dates
Figs
Raisins
Prunes
Currants
Coarse vegetables
Cheese
Milk, except in coffee and cocoa
All milk dishes, as leban and koumys

In Children—This disease is frequently seen in children of rheumatic or gouty parents. As each case is a law in itself, the food must be regulated by the attending physician. A general outline, however, may be given for the benefit of the caretaker.

Fothergill, in speaking of uric acid diathesis in children, says "lean meats and beef tea are equivalent to so much poison."

A child under five years of age must be kept strictly on skimmed milk and milk preparations. Milk gruels made from farina, cornmeal and banana flour are to be recommended. The hard-boiled yolk of egg may be grated over milk toast and given once or twice a week. Baked apples without sugar, dry whole wheat bread without butter, an occasional bit of white meat of chicken, cooked spinach, cauliflower, summer squash and cucumbers, are admissible. Avoid for some time to come all fats, cream, butter, olive oil; such foods as rice, potato, sago, tapioca, sweet dishes, sugar, red meats and the internal organs of animals used as food. Nut dishes, milk, purée of lentils, with an occasional egg, must take the place of meat. As the case proceeds toward a cure, add to this diet weak cocoa, dry toast, zwieback, tender celery, hominy grits, plain stewed macaroni, watermelons, prunes, cooked without sugar; oranges, apples, raw and baked without sugar, and baked bananas. There must be no nibbling between meals. All foods must be lightly cooked. The method of cooking is quite as important as the food prescribed. Children even at the age of twelve to fourteen should not be given pink-fleshed fish, veal, pork, salt foods, dried meats, fried foods, hot breads, candies, pastry, cake, dense hard vegetables, condiments or pickles.

ALBUMINURIA

This disease, like most urinary troubles, comes to big meat eaters, people who "live to eat," and must have big juicy steaks every day in the week. The system is able to store surplus starch and sugar, the *carbohydrates*, but frequently fails in many of its functions when the proteids (tissue-building foods) are taken in greater quantity than the system requires. We can, if we cut off the carbohydrates, burn the proteids to produce heat and energy, but it is an extravagant and illogical way of living. In albuminuria there is a tremendous waste of tissue, which must be counterbalanced with some nitrogenous foods, but care must be taken to keep the balance equal.

Of the leguminous seeds, lentils are preferable, as they supply nitrogen in an acceptable form. Skimmed milk, and modified milk without cream, may also be used for supplying the necessary albumin. If constipation occurs, substitute cream soups, and nut milks, and give orange juice in the early morning before breakfast. Avoid sweets and starchy foods as potatoes, white bread and cornstarch. Give pure soft water in goodly quantities.

MAY EAT

Water gruels, especially cornmeal gruel
Skimmed milk
Modified milk, without cream
Buttermilk
Skimmed milk koumys
Fruit juices
Carefully-cooked fruits, without sugar
Light vegetables
Cream soups
Rice and rice preparations
Cereals with milk
Skimmed milk toast
Gluten toast, without butter
Baked apple, occasionally
Vegetable gelatin preparations
Stale breads
Cocoanut fingers
Gluten biscuits
Unleavened bread
Whole wheat bread
Corn breads

Later, add, white meat of chicken, white-fleshed fish, broiled, and occasionally hard-boiled yolks of eggs; but butchers' meats must be wholly excluded for a long while.

Crisp crackers may now and then be substituted for bread. All green vegetables are admissible except boiled cabbage and onions.

AVOID

All red meats
Rich sauces
Sweets
Pastries
Pies
Puddings
Spiced dishes
Pickles
Tea and coffee
Sour salads
Fried foods
Pink-fleshed fish
Beef tea
Consommé
Bouillon
Meat soups in general
Coarse vegetables
Hot breads
Fresh white bread
New beets
Corn
Raw cucumbers
Salt meats
Lobsters
Crabs
Shrimps
Clams
Cantaloupes
Mushrooms
Cheese

FUNCTIONAL ALBUMINURIA IN CHILDREN

This disease frequently comes to children who have had meat feeding too early, and sweets and starchy foods have been allowed in too large quantities. Milk and milk preparations should be the sole diet until the urine is free from albumin. Then give a grated hard-boiled yolk of an egg over a dish of milk toast; milk soups, nut soups, fruit juices, cereals, boiled rice, rice pudding, stewed macaroni, purée of lentils, soy bean preparations, carefully-cooked spinach, cauliflower, celery, lettuce with French dressing, apples raw and baked, fruit gelose, sour milk foods, as zoolak, matzoon and buttermilk; small fruits, very ripe; stale bread, whole wheat and nut bread, and an occasional baked potato.

Avoid all meats and meat soups, sea food, white of egg, raw eggs, fried foods, rich sweet dishes, pastry, cakes, preserves and candies.

CHRONIC BRIGHT'S DISEASE

No matter what the origin of the disease, dietetic treatment is the same. Osler says, "care in food and drink is the most important element in the early treatment of these cases." All highly-seasoned foods, meat broths and meat and eggs must be wholly excluded. Whether or not the patient needs albumin must be determined by the physician or nurse in attendance. An uninstructed caretaker, cannot feed a case of Bright's disease, without danger to the patient; for the volume of albumin in the urine is not an infallible guide to dietetic treatment.

In many cases the patient may be kept, to his advantage, for two or three months on an exclusive diet of skimmed milk. The quantity will vary, according to the age and condition of the patient, but as a rule three quarts of milk a day will be sufficient, or two quarts of milk and one quart of barley water; rice water and German flour gruel may be alternated with barley water.

If barley water is added to the milk, there will be but little danger of constipation. If it should occur, however, orange juice or a small cup of French coffee early in the morning, will correct it. This diet may seem severe at first, but if the patient is made to understand that life depends on the diet, he will submit, if his life is worth the living.

Keep the throat and mouth clean and free from odor. After each feeding swab with Listerine and water, or vegetable gelatin and lemon juice or Irish moss water.

As the patient improves, add milk soups, milk gruels, tapioca custards, sago custards, rice pudding, various nut dishes, carefully-cooked topground vegetables, excepting cabbage; boiled or broiled fish; a little boiled or broiled chicken, stewed chestnuts, with sauce thickened with yolk of eggs, and milk toast. Give pure soft water between meals.

MAY EAT, FOLLOWING THE MILK DIET

Milk toast
Milk gruels
Cream soups
Carefully-made nut dishes
An occasional purée of lentils
Golden toast
Occasionally boiled white fish
Chicken timbale
Soup à la Reine
Topground vegetables
Baked potato
Cereals
Buttermilk
Skimmed milk clabber
Vegetable gelatin desserts
Fruits cooked without sugar
Dry bread, crackers
Whole wheat bread
Corn bread
Light green vegetable salads
Weak chocolate and cocoa; alkathrepta, broma and racahout

AVOID

All meats
Fish
Crustacea
Oysters; clams
Coarse vegetables
All meat soups
Eggs, unless ordered
Hot breads
Fresh white bread
Tea
Coffee, unless ordered
All sweet dishes
Pickles
Spiced foods
Rich sauces
Pastry
Cakes
Preserves
Fruits stewed with sugar
Rhubarb
All fried foods
Coarse vegetables

NEPHRITIS

ACUTE NEPHRITIS

Diet is of equal importance with medical treatment. Foods must be easily digested, and the diet must be restricted until the activity of the kidneys becomes normal.

If the case is incurable, the diet may be more variable; milk soups, light meats, freshly-killed game, broiled white-fleshed fish, are all admissible. These, however, must be given under the direction and observation of a physician. Patients should avoid coarse vegetables, even raw celery and such green vegetables as asparagus, string beans, Brussels sprouts and mushrooms. Cauliflower, young peas, tender corn, pressed from the hulls, are allowed. The patient should be kept in bed, on an exclusive milk diet for three weeks, followed by a non-stimulating diet for many months to come.

Three quarts of skimmed milk alone, or modified, without cream, adding an extra half quantity of milk sugar or mixed with barley or rice water, or cornmeal gruel, strained, may be given every two and a half hours.

If there is inclination to diarrhœa, give browned rice gruel or Evans's tea gruel, twice a day. If there is constipation, give buttermilk, koumys or leban. Do not give more than four ounces at a time, in feedings two and a half hours apart, unless otherwise ordered by a physician. Nut milk, especially almond milk, made from Sanitas almond meal, may be substituted now and then for plain milk. Give Imperial drink, lemonade and tamarind whey between meals once a day. Avoid all salted and sweet foods.

When solid foods are indicated, give a chicken timbale, milk toast, farina pudding, blancmange, a few green peas, boiled and pressed through a sieve, stewed tender celery, rice and whole wheat bread. Ripe dark grapes may be given at noonday. A half dozen blanched, unroasted almonds may be added to the timbales or eaten alone, if well masticated. Baked apples, a little strained orange juice, apple juice and grape juice, are all beneficial.

When the patient has quite recovered, a broiled chop, a little broiled white-fleshed fish, may be added to the preceding list. Oatmeal gruel is frequently very beneficial, and may be used as a breakfast food.

MAY EAT

Skimmed milk and barley water
Modified milk, without cream
Koumys
Buttermilk
Meiggs' food
Cornmeal gruel
Alkaline waters
Effervescing waters
Lemonade
Lemon squash
Imperial drink

LATER

Chicken timbale
Poached egg, occasionally
Rice pudding
Blancmange
Bartholow's food
Carefully-cooked prunes
Prune soufflé
Minced white meat of chicken
Boiled rice
Occasionally a baked potato
A piece of white-fleshed fish, broiled
Cream soups
Fresh fruits in moderation
Stale bread
Gluten biscuits
Delicate green vegetables, with French dressing

AVOID

All red meats
Rich sauces
Sweets
Pastries
Pies
Puddings
Spiced dishes
Pickles
Tea and coffee
Sour salads
Fried foods
Pink-fleshed fish
Beef tea
Consommé
Bouillon
Meat soups in general
Coarse vegetables
Hot breads
Fresh white bread
New beets
Corn
Raw cucumbers
Salt meats
Lobsters
Crabs
Shrimps
Clams
Cantaloupes
Mushrooms
Cheese

OXALURIA

In this disease oxalate-of-lime crystals are found in the urine. By some it is supposed they are created from eating certain kinds of food rich in the constituents they contain; by others, from faulty digestion. No matter which theory be correct, the curative diet is practically the same. Such vegetables and fruits as rhubarb, sorrel, onions, garlic, chives and leeks, old turnips, both white and yellow, tomatoes, pears and sweets, especially candy, and sugar in tea and coffee, and such foods as sago, tapioca, cassava and potatoes are prohibited. The diet should consist largely of milk and milk foods; for meat-eating patients, chopped beef and mutton are preferable. Serve with them a little stale bread, or an occasional bunch of grapes or tender celery. A half pint of hot water should be sipped a half hour before each meal. If constipation occurs, give a glass of cold water early in the morning, and follow almost immediately by a cup of café au lait, merely warm, so the patient may drink it rapidly. Give a large cup of hot water the last thing at night.

MAY EAT

Beef
Mutton
Chicken
White-fleshed fish
Broiled or boiled game
Stale bread, with very little butter
Crisp crackers
Gluten biscuits
Orange juice occasionally
Apples
Plain boiled rice, without sugar
Farina
Cream of Wheat
Shredded wheat biscuits
Cream of pea soup
Cream of turnip soup
Meiggs' food
Cornmeal gruel
Vegetable jellies, with prunes or apricots or peaches
Nut dishes
Milk toast, without butter
Imported endive
An occasional baked potato
Very young turnips
New green peas
Lettuce
Stewed cucumbers
Summer squash
Dandelions cooked and raw
Cocoa

AVOID

Chocolate
Tea
Carbonated waters
Rhubarb
Tomatoes
Onions
Kohl-rabi
Asparagus
Spinach
Sourdock
Cress
Cabbage
Cauliflower
Bananas
Native endive
Pears
Sorrel
Currants
Strawberries
Green string beans
Fresh green or red peppers
Gelatin dishes
Rich sauces
Internal organs of animals, as liver, kidney, sweetbreads and tripe
Meat soups
Pastries
Cakes
Fried foods
Liquors
Alcohol

CALCULI

Induce the patient to drink abundantly of pure, *soft* water. Any good, *soft* spring water will answer. Distilled water, which is usually procurable in small towns and cities, is excellent. The name on the bottle makes no difference whatever, so the water is pure and *soft*. In the early stages an exclusive milk diet is to be recommended.

MAY EAT

In the early stages an exclusive skimmed milk diet.

If all goes well, ten days later, light cereal, as farina, Cream of Wheat, with milk, hominy grits, cornmeal mush with milk but no sugar, dry white bread, an occasional gluten biscuit, apples baked without sugar, nut purées, nut dishes in general, almond milk, blancmange, and eggs occasionally.

In three weeks, add to the above a little white meat of chicken, light green vegetable salads with very little olive oil and considerable lemon juice; orange juice, grape fruit,

endive, tender celery, lettuce, cauliflower, savoy, milk gruels between meals, koumys, zoolak, buttermilk, and milk soups.

AVOID

All meats, including liver, sweetbreads, kidney and tripe
Sea foods
Fats, raw and cooked
Butter
Cream
Sugar
Spices
Vinegar
Salt foods of all kinds
Meat soups
All small fruits, as raspberries and strawberries, unless ordered by a physician
Oatmeal
Puddings
All rich dishes
Potatoes
Turnips
Carrots
Cabbage
Tomatoes
Prunes
Dates
Figs
Grapes
Guavas
Peaches
Pears
Alligator pears

DIABETES

Pathologists differ as to the cause and origin of diabetes; some believe the disease may be definitely located in the nervous centers of the brain; others, equally skilled, advance the idea of defective pancreatic digestion. We all know that the disease produces a peculiar nervous condition, and that the pancreas is, after death, found altered in size and structure. No matter which of these theories is correct, all are agreed that a proper diet is the most important, and the only treatment which will bring about a cure.

In this disease the lobular or glycogenic portion of the liver is incapable of performing its natural functions; more sugar is secreted than it is capable of holding, consequently the kidneys are taxed to eliminate sugar from the blood, a work for which they are not constructed, and as a result

the secretions are not normal; they are more copious than usual, and are found to contain sugar. This leads us to believe that the system is overloaded with sugar, and that all food containing sugar, and starches, which are converted into sugar by digestion, must be eliminated from the diet. This being done, the patient will however for a time excrete sugar. Bartholow recommended an exclusive skimmed milk diet, while Salisbury told of his wonderful cures on an exclusive chopped meat diet.

Green vegetables should take the place of starchy vegetables. Olive oil, cream and butter are acceptable, but all cooked fats must be avoided. Dense vegetables, as turnips, radishes, raw cucumbers, boiled cabbage, pickles, and spiced foods interfere with the digestion of other foods and must be avoided. If digestion is weak, give artificially-digested milk. Do not continue this longer than six or ten days, or a cure will be retarded. Begin feeding two quarts of milk a day, continuing this for two days, then add a pint for the next two days, and a pint each day after until four quarts a day can be easily taken.

One fact is worth noting: a potato contains less starch than the same weight of bread, but is so easily digested and transformed that it produces in the end a greater amount of sugar in the urine. For this reason potatoes are forbidden even for convalescing patients. Alcoholic and malt liquors must be avoided. Vichy water may be used now and then to allay thirst.

The following table is for seven days' feeding:

MENUS

First Day

7 a. m.	4 ounces milk	3 p. m.	4 ounces milk
9 a. m.	4 ounces milk	5 p. m.	4 ounces milk
11 a. m.	4 ounces milk	7 p. m.	4 ounces milk
1 p. m.	4 ounces milk	9 p. m.	4 ounces milk

Second Day Same

Third Day Same

Fourth Day

7 a. m.	5 ounces milk	3 p. m.	5 ounces milk
9 a. m.	5 ounces milk	7 p. m.	6 ounces milk
11 a. m	6 ounces milk	9 p. m.	4 ounces milk
1 p. m.	5 ounces milk		

Fifth Day

7 a. m.	6 ounces milk	3 p. m.	7 ounces milk
9 a. m.	6 ounces milk	5 p. m.	7 ounces milk
11 a. m.	6 ounces milk	7 p. m.	7 ounces milk
1 p. m.	7 ounces milk	9 p. m.	5 ounces milk

Sixth Day Same

Seventh Day Same

MAY EAT

Soups:
- Clear meat soups
- Tomato broth
- Clam broth
- Oyster broth
- Chicken broth, with celery

Fish:
- Fresh white-fleshed fish, broiled, boiled or planked
- Oysters in small quantities
- Terrapin

Meats:
- Beef, mutton, poultry and game; broiled, baked or stewed
- Calves' sweetbreads
- Tripe
- Boiled calves' heads

Milk:
- Skimmed milk
- Skimmed milk junket
- Cheese in small quantity

Vegetables:
- Celery
- Shaved raw cabbage
- Carefully-boiled cucumbers, without sauce
- Cauliflower
- Broiled fresh mushrooms
- Cress
- Lettuce
- Chicory
- French artichokes, with butter sauce
- Spinach
- Raw tomatoes
- Cymlins

MAY EAT—Continued

Eggs:
- Eggs in all ways, except fried or hard boiled

Breads:
- Almond wafers
- Almond bread
- Gluten bread, made from eighty percent. gluten flour
- Gluten gems
- Aleuronat gems
- Aleuronat zweiback
- Soy gems
- Bran loaf
- Bran wafers
- Eighty percent. gluten biscuits

Beverages:
- Clear weak tea and coffee
- Plain and aërated waters

Fruits:
- Oranges
- Lemons
- Grape fruit
- Strawberries
- In mild cases, peaches

Desserts:
- Cup custard without sugar
- Almonds
- Brazilian nuts

Fats:
- A little olive oil with lemon juice on lettuce
- Cocoanut butter may be used on vegetables
- Unsalted, perfectly fresh butter may be taken once a day

AVOID

All warmed-over meat dishes
All highly-seasoned soups; milk soups with thickening
Salt fish; lobster; crabs; shrimps; pink-fleshed fish; clams and scallops
Veal and pork, with the exception of broiled bacon, liver and kidneys
Potatoes
Parsnips
Carrots
Peas
Salsify
Old Peas
Beans
Lentils
Sweet corn
Asparagus
Boiled cabbage
Canned mushrooms
Radishes
Raw cucumbers
Winter squash
Sweet potatoes
Yams
Breads and all cereals
Boiled coffee
Cocoa
Chocolate
Wines
Liquors, beer
All fruits, except those mentioned
All sweets, pastries and puddings

MENUS FOR DIABETIC CONVALESCENTS MAY BE ARRANGED AS FOLLOWS:

BREAKFAST

Orange
Broiled Chop Bran Bread
Clear Coffee

DINNER

Half pint Bouillon
Rare Beef (roasted) Spinach, Cocoanut Butter
Roquefort Cheese Aleuronat Gems
Clear Coffee

SUPPER

Eight ounces Hot Milk, sipped slowly

BREAKFAST

Grape Fruit
Half broiled Sweetbread Gluten Gems
Clear Coffee

DINNER

Half pint Consommé
Roasted Chicken Stewed Celery
Lettuce, Lemon Dressing
Almond Wafer

SUPPER

Broiled Tripe Gluten Gems
Weak Clear Tea

BREAKFAST

Orange Juice
Broiled Chicken Soy Gems
Clear Coffee

DINNER

Chicken Bouillon

Boiled Mutton — Stewed Cucumber

Tomato Salad — Bran Wafers

SUPPER

Plain Terrapin — Lettuce Salad

Gluten Biscuits

One ounce Cranberry Jelly, no sugar

BREAKFAST

Grape Fruit

Coddled Eggs — Gluten Biscuit

Clear Coffee

DINNER

Broiled White Fish — Stewed Cucumber or Celery

Lettuce Salad

Bit of Cheese — Aleuronat Zweiback

SUPPER

Cold Roast Beef — Cress Salad

Gluten Roll

Sliced Oranges

BREAKFAST

Broiled Fish — Soy Gems

Coffee

DINNER

Egg Soup

Broiled Meat Cake with Pine Nuts

Baked Tomatoes

Salad of Chicory — Almond Wafers

SUPPER

Broiled Chop Tomato with Cocoanut Cream
Gluten Biscuit
Weak Tea

BREAKFAST

Strawberries (if they agree)
Sweetbreads, broiled Bran wafers
Coffee

DINNER

Tomato Soup
Baked Birds Fresh Mushrooms
Spinach
Salad of Cress Gluten Bread
Floating Island, no sugar

BREAKFAST

Oranges
Chopped Mutton Cakes
Gluten Toast Coffee

DINNER

Oyster Bouillon
Roasted Chicken Stewed Celery
Cauliflower
Lettuce Salad Bran Bread

SUPPER

Omelet Soy Gems
Sliced Oranges

PREGNANCY

If all is well during pregnancy, the food need not necessarily be changed (providing the patient is a normally healthy woman) until the fourth month before delivery. If complications arise, special diets must be given, which will be directed by the physician in charge. If albumin is present in the urine, cut off red meats and sweets. If vomiting occurs and is annoying, give orange juice, sterilized milk and lime water early in the morning and without other food. If the patient becomes pale and anæmic, give a diet rich in eggs, milk, cream and butter, red meats and fruits. If the appetite is physically perverted and there comes a mental desire for all sorts of indigestible foods, especially those that are inaccessible, it is purely the outcome of a hysterical mind and should not be humored. Much harm can be done, both to the mother and child, if such appetites are gratified. The desire for pickles or vinegar can usually be overcome by giving orange juice an hour before breakfast.

Breakfast should be light and composed of fruits, eggs and well-buttered bread. Give plenty of water between meals. The heavy meal is best at noon, and it should consist of such foods as milk soups, broiled, boiled or baked beef, mutton, chicken or fish, with a baked potato mashed with cream, or boiled rice with a little butter, or stewed macaroni with a little Parmesan cheese, and such green vegetables as lettuce, cress, carefully-stewed carrots, turnips, celery, fresh green peas, okra, new sweet corn, and fruits.

Suppers should consist of such light dishes as milk toast, cream soup, baked apple and cream, with toast, or a well-cooked cereal and milk or chocolate, or cocoa and toast.

If constipation occurs give three steamed figs before retiring, or two ounces of peanut brittle, or an ounce of

raw peanuts, which must be thoroughly masticated, and a glass of water the last thing at night and the first thing in the morning.

The fourth month before delivery the diet should be composed largely of carefully-cooked light meats, green vegetables and fruits. Cut off slowly all starches and sugars, and take only half the amount of liquids. Green vegetable salads are advisable. Asparagus, cress, lettuce, string beans and celery, may be served with French dressing. Broiled white-fleshed fish may be used twice a week, boiled mutton three times a week, broiled chicken twice a week. Beef may be used now and then, but not often.

Do not follow fads; they are frequently dangerous, both to the mother and the child.

MAY EAT FOR THE FIRST FIVE MONTHS

Breakfast cereals
Milk and milk foods
Cream
Whole wheat bread
Corn bread
Baked potato
Carefully-boiled potato
Boiled rice
Stewed macaroni, with a little Parmesan cheese
Carefully-cooked string beans
Peas
Okra
Nut foods
Fruit gelose
Summer squash
Cucumbers
Purée of potato
Lentils
Old peas
Beans
Cream soups
White-fleshed fish
Mutton
Lamb
Chicken
Sweetbreads
Light puddings
Custards
Fruits, both raw and stewed
Light desserts
Sponge cake
Angel's food
Sunshine cake

AVOID

Meat soups
Rich sauces
Sea foods, with the exception of white-fleshed fish
Highly-seasoned complicated meat dishes
Entrées
Cakes
Pies
Puddings
Preserves
Candies
Pickles
Mayonnaise salads
Alcoholic and malt liquors
Hot breads
Cinnamon bun
Tea

MAY EAT AFTER THE FIFTH MONTH

Boiled mutton
Chicken
White-fleshed fish
Sweetbreads
An occasional chopped meat cake
Lamb chops
Fruits, raw and stewed, without sugar
Lettuce, cress, endive, carefully-cooked string beans, all in salads
Eggs
Milk
Gluten bread
Gluten biscuits

In this list meals must be arranged with a meat and a green vegetable, or eggs and a green vegetable; eggs give nourishment, and vegetables give bulk sufficient to satisfy appetite. Bread must be used sparingly, but at all times the appetite must be satisfied.

PUERPERAL

Do not give slops; they lack nourishment and upset digestion. The days of water panada and cracker gruel are past. Five or six hours after delivery give a cup of hot milk, or a cream soup, or mutton broth, strained. When hunger comes, and not before, and this may be in ten or in twenty hours, give eggnog, without liquor, milk and lime water, milk and vichy, egg soup, chicken broth, cream of celery soup, mutton and oatmeal broth, mutton and cornmeal broth, matzoon, koumys or leban. On the third day, if all is well, add a milk purée of lentils, a soft-poached egg, milk toast, hot cup custard, Wheatena and cream, Cream of Wheat and cream, toast, plain or slightly buttered. On the fourth or fifth day, add to the foregoing a scraped meat cake, a bit of broiled chicken or bird, orange juice, well-baked whole wheat bread without shortening or sugar, soft and cup custards, chocolate, alkathrepta, cocoa, broma, strained oatmeal, cornmeal mush, baked potato and boiled rice. Do not urge the patient to overeat, with the idea of increasing the supply of milk. Digestion once upset brings bad results, and while the patient is in bed she requires less food. If complications arise the physician will suggest the change in diet.

Purée of lentils, made from lentil flour, and milk and chocolate preparations, are supposed to make rich milk in goodly quantities. Sometimes they do, and sometimes they do not, for the ability to nurse the infant depends largely on the healthful condition of the mother.

If hunger comes between the morning and the noonday meal, give the patient a glass of milk, or egg and milk. If constipation occurs give fruit juice early in the morning, and add a simply-cooked green vegetable and a salad to the noonday meal. Give a glass of water the last thing before retiring and the first thing in the morning. Use whole wheat bread exclusively.

A FEW GOLDEN RULES FOR MOTHERS OF BOTTLE-FED BABIES

Purchase the best quality of cows' milk, in sealed bottles. If this is impossible, and you have to buy milk in bulk, pasteurize it as soon as you receive it.

Put the milk in the refrigerator or in a cold place as soon as it is received. Fifteen minutes' standing in a warm kitchen will frequently cause it to sour. Keep it covered or sealed until you are ready to modify it.

Modify enough each morning to last for twenty-four hours.

Keep modified milk in bottles if possible; if not, in a covered jar in the refrigerator.

Ask the physician to write down the quantity that the infant is to have at each feeding, and the number of feedings per day. Commit them to memory that you may make no mistake. Any deviation from this rule is detrimental to the infant.

Do not put the bottle in the baby's mouth every time he cries, for nine out of ten times he is not crying for food.

A correct diet will produce a firm, healthy baby, not a fat one. Fat babies usually fall ill on the slightest cause.

If the baby vomits after eating, it has either had too much food, or the food does not agree. Consult the physician. Such conditions should not be overlooked.

If the baby sleeps well and looks well, nine out of ten times the food agrees. If it fails to gain in weight, consult the physician, that he may change the food.

If undigested food is found in the stools, the milk does not agree. Add ten drops of lime water to each feeding. Do not continue this beyond the requirements of this attack of indigestion. The use of lime water continued is unnatural and unhealthful.

The Gordon Walker table is arranged for the fifty-two weeks. After this comes the weaning time, regulated according to the health and vigor of the infant and mother. Many infants are nursed too long; the mother's milk has deteriorated, and the child does not thrive after weaning. Some argue that when the eight incisor teeth have been cut with ease, and this should be about the end of the twelfth or fourteenth month, the child should be weaned; the saliva now is flowing abundantly and the digestive organs are by Nature fitted for a little solid food.

Dr. Joseph E. Winters, Professor of the diseases of children, Cornell University Medical College, says:

"Late weaning, or the too prolonged use of milk as the exclusive diet of a child artificially fed, causes anæmia. This is the first pathological condition which we mark as arising from failure to modify the diet of a child at the proper time. The chemistry of milk, the physiological chemistry of the child, and the physiology of the digestive organs denote that such change should be made at a fairly definite time. From the seventh to the tenth month, according to the degree of development of the child and the advancement of dentition, the ferments which digest farinaceous substances are present in sufficient quantity to indicate that a change of food should be made."

"Oatmeal is rich in all the constituents which are essential for the growth and development of the child; they are rich in proteid, fat and mineral matter. Oatmeal, the richest in iron, is an excellent food to be added first; strained at first when you add it to the milk in the bottle; later, plain cooked, with milk, no sugar. It is seldom wise to begin the use of farinaceous foods with a child during the warm months, as they are prone to cause fermentation and diarrhœa if the child is teething. Milk and barley water will constitute the child's food during these months."

FEEDING OF INFANTS

If possible, every healthy mother should nurse her babe; there are, however, a few excellent reasons why she should not. Nervous women, those who are tubercular, or who were born of tubercular mothers, or those who have any form of chronic disease or general debility, should not attempt to nurse a child. It not only endangers the life and health of the child, but it is injurious to the mother. Volumes of directions might be given every mother who wishes to nurse her infant, but each individual case is a law unto itself and should be regulated by the attending physician.

For Artificial Feeding secure good, clean cows' milk, from a herd of good cows, and not from a single cow, unless so ordered, and modify it to resemble as nearly as possible, human milk. Use no farinaceous substances of any sort, or cane sugar. An infant is wholly unprovided with the necessary secretions for the digestion of starches or cane sugar.

Overfeeding and dirty, diluted cows' milk, and "Infants' Foods" kill thousands of babies every year; in fact, in crowded sections of large cities these badly-fed babies rarely reach the end of their first year, and it must not be forgotten that most of these deaths occur from preventable causes.

Milk is the natural food for an infant. Human milk contains more fat, more sugar of milk, less mineral matter and more friable casein than cows' milk. Cows' milk simply diluted with water is not enough, for cows' milk is intended for the rapid growth of the young of the cow, the calf. If we simply add water to cows' milk, we have reduced the fat and milk sugar, two elements very necessary to the growth of the infant; we have not changed the casein, nor have we reduced the mineral matter. Children fed on diluted milk are usually underfed and colicky. If their constitutions are strong they thrive and grow for a time, but fall ill on the slightest provoca-

tion. The cutting of teeth is a task. Extreme hot or cold weather influences them to a marked degree. Their childhood is too often a drawn-out invalidism. Such children are frequently found among the "backward" at school. Their foundations are poor.

TO MODIFY MILK

This process is simple and can be done easily and efficiently in any kitchen, with the ordinary utensils found there, provided they are used only for this purpose. Cleanliness must be strictly observed. Wash and scald the utensils each time before using; rinse them with boiling water, but do not wipe them. Towels hanging in the kitchen or pantry are apt to hold particles of dust, and will contaminate the milk. Before beginning, read carefully all the directions, and get out all the necessary utensils. See that the nursing bottles are perfectly clean; they should have round bottoms and be kept in a basket or stand made for the purpose. The bottles should be scalded immediately after each feeding, and filled with boric acid or a solution of baking soda made by adding a level teaspoonful to a pint of water. When ready to fill the bottles with milk, pour the solution out and rinse with cold-boiled water. The nipples used should be of good quality black rubber. They should be kept scrupulously clean, turned inside out and washed every day, scalded and kept, when not in use, in a solution of boric acid, in a fruit jar used for no other purpose. Do not use the soft nipples, or any form of nipples fastened to a tube or bone shield.

Prepare enough milk at one time to last for the entire twenty-four hours. If the weather is warm and there is no ice at hand, the milk must be pasteurized.

Purchase good, pure milk in a sealed quart bottle, and allow it to stand for three or four hours in a cold place, unless the cream has already risen to the top of the bottle when it is received. Remove the cap, and

with a milk dipper that has been scalded, or a siphon, take off the upper half of the quart (16 oz.); the lower half will not be needed. In this quantity you have the necessary amount of fat and protein, but you have too much mineral matter and not enough sugar of milk. To correct this, add two level tablespoonfuls of sugar of milk (4/5 oz.) and a half pint (8 oz.) of cold boiled water; stir the mixture, pour it into the nursing bottles, fasten them with plugs of ordinary non-absorbent cotton, and place them at once in the refrigerator, preferably on the floor of the refrigerator, with no other food. At feeding time take out one bottle and stand it in a saucepan of hot water sufficiently long to warm it to 98° Fahrenheit. Remove the cotton plug, put on the nipple, turn the bottle upside down to see if the milk flows readily, and it is ready for feeding. Do not allow the nurse or caretaker to put the nipple in her own mouth to see if it is warm enough; many an infant has been made ill by this slovenly method.

As the child grows older increase the proportion of the "top milk." At the end of the fourth month it should be necessary to use the "top milk" from a second quart of milk, or use one whole quart of milk containing four per cent fat, and eight ounces of the "top milk" from the second quart, and eight ounces of cold boiled water. If undigested curds appear in the stools, add one tablespoonful of lime water to the day's feeding, at the time of preparation.

For the first two weeks, the infant may not take all the food at a feeding. If there is any left over throw it away; never think of using it the second time. If the infant is not satisfied after the feeding, speak at once to the physician; let him examine the strength of the milk and order it changed according to the requirements of the child. Food agrees when the child is comfortable and happy, free from colic and sour stomach, and is not constipated. After the infant has two or three teeth, if curds are vomited, or milk seems to be undigested, add barley

water in the place of plain water. If the child is constipated, use strained oatmeal water in the place of barley water, or German flour gruel, lightly cooked.

The intervals of feeding will be regulated by the physician. Otherwise the food needed during the twenty-four hours should be divided into nine two-hour feedings. If the baby is robust, perhaps eight feedings will be sufficient. During the second and third months the feedings are increased in size, and the number of feedings decreased. As the child grows older and stronger, four-hour feedings will be correct. Very small and rather delicate infants, who are apt to take a small quantity of food at a time, must be fed at shorter intervals. A healthy child of five months should sleep from eight in the evening until six next morning. The first feeding to be dropped is always the last feeding at night; do this as soon as possible.

Through the courtesy of the Gordon Walker Laboratories, the writer is able to give the following table as a guide to the correct quantity that the infant should get at each feeding.

Weeks of life	Amount fed in ounces	Fat	Percentages Sugar	Proteins
First	1¼	2.00	4.5	0.75
Second	1¾	2.50	5.5	1.00
Third	2	3.00	6.0	1.00
Fourth	2¼	3.00	6.0	1.00
Fifth	2¾	3.25	6.5	1.00
Sixth	3	3.25	6.5	1.25
Seventh	3	3.50	6.5	1.25
Eighth	3¼	3.50	6.5	1.25
Ninth	3½	3.50	6.5	1.25
Tenth	3½	3.50	6.5	1.25
Eleventh	3½	3.50	6.5	1.25
Twelfth	3¾	3.50	6.5	1.25
Thirteenth	3¾	3.50	6.5	1.25
Fourteenth	4	3.50	6.5	1.25
Fifteenth	4¼	3.75	6.5	1.25

Weeks of life	Amount fed in ounces	Percentages Fat	Sugar	Proteins
Sixteenth	4¼	3.75	6.5	1.25
Seventeenth	4½	3.75	6.5	1.50
Eighteenth	4½	3.75	6.5	1.50
Nineteenth	4¾	3.75	6.5	1.50
Twentieth	4¾	3.75	6.5	1.50
Twenty-first	4¾	3.75	6.5	1.50
Twenty-second .	5	3.75	6.5	1.50
Twenty-third ...	5	3.75	6.5	1.50
Twenty-fourth ..	5¼	3.75	6.5	1.75
Twenty-fifth	5¼	3.75	6.5	1.75
Twenty-sixth ...	5½	3.75	6.5	1.75
Twenty-seventh .	5½	4.00	6.5	1.75
Twenty-eighth ..	5½	4.00	7.0	1.75
Twenty-ninth ...	5¾	4.00	7.0	1.75
Thirtieth	5¾	4.00	7.0	1.75
Thirty-first	6	4.00	7.0	1.75
Thirty-second ..	6	4.00	7.0	1.75
Thirty-third	6¼	4.00	6.5	1.75
Thirty-fourth ...	6¼	4.00	6.5	2.00
Thirty-fifth	6¼	4.00	6.5	2.00
Thirty-sixth	6¼	4.00	6.5	2.00
Thirty-seventh ..	6½	4.00	6.5	2.00
Thirty-eighth ...	6½	4.00	6.5	2.00
Thirty-ninth	6½	4.00	6.5	2.00
Fortieth	6¾	4.00	6.5	2.00
Forty-first	6¾	4.00	6.5	2.00
Forty-second	7	4.00	6.5	2.00
Forty-third	7	4.00	6.5	2.25
Forty-fourth	7	4.00	6.0	2.50
Forty-fifth	7	4.00	6.0	2.50
Forty-sixth	7¼	4.00	6.0	2.50
Forty-seventh ...	7¼	4.00	6.0	2.50
Forty-eighth	7¼	4.00	6.0	2.50
Forty-ninth	7¼	4.00	6.0	2.75
Fiftieth	7¼	4.00	6.0	2.75
Fifty-first	7¼	4.00	6.0	2.75
Fifty-second	7¼	4.00	5.5	3.00

PARTIAL MILK FEEDING

No harm and a great deal of good may come when an infant is nursed part of the time and the bottle used once or twice a day to help out. Sometimes, although a mother has a good quality of milk, it is insufficient for the full development of the child, yet even a small quantity of breast milk is a great help to the infant. The better way is to reserve the bottle for the night feeding. If it must be used twice a day, better give it at the period nearest noon, and again when the child goes to bed.

When it is impossible to give the hand-fed baby modified milk, use good unsweetened condensed milk or Eskay's food. The writer has had excellent results with the latter food. When traveling and in the tropics, Eskay's food is especially to be recommended. If cream cannot be obtained, use ten drops of olive oil at each feeding.

Babies fed on artificial foods are apt to have rough and slightly scaly skin. Correct this by giving two tablespoonfuls of orange juice every morning, an hour before feeding or between feedings.

Meiggs' food will be found beneficial in cases of intestinal troubles.

German flour gruel, farina, arrowroot, cornstarch and cornmeal gruel, thoroughly cooked and strained, with milk added, may be used for infants with teeth.

Excellent results, especially in warm countries, may be obtained from exclusive diet of plantain pap.

AFTER THE WEANING

After the infant is weaned, during the second year of its life, great care must be taken in the warm months. The basis of the diet of a child until it reaches its fourth year should be well-cooked cereals, fruits, milk and eggs. Milk may be taken alone or mixed with cereals. Fruits must always be given alone, and eggs, lightly cooked, either poached, coddled or shirred may be served with a crust of bread. The bottle may be continued for a while, using barley water and milk, oatmeal gruel, strained, with milk, or any of the milk gruels. Do not add sugar. Three meals a day should be given, with a feeding between the morning and noon, and the noon and night meal. Dispense with the bottle as early as possible; it saves trouble. Carefully-made milk toast, with hard-boiled yolk of egg grated over, is attractive, palatable and wholesome. Cereal jellies, with milk and cream, make an exceedingly nice supper. The first meal in the morning should be milk, one-third barley water. In the middle of the morning give orange juice, a very mellow ripe peach, an apple carefully baked without sugar, or a cereal with milk. At the noonday meal, which should be the heavy meal, the child may have a bowl of mutton broth with rice; or, far better, give cream of celery soup, or peas, or lentils, or ground nuts, with stale-bread crumbs. Another day give the yolk of egg and bread crumbs. Another day, milk toast and the yolk of egg. The next between-meal feeding should be milk and barley water.

The last meal at night before going to bed should be milk, from six to eight ounces, slightly warmed. Induce the child to take this from a glass or cup, rather than the bottle. To give variety change the method of cooking, but do not get very far away from eggs, milk, cereals and fruits. One day for the noonday meal give a baked potato mashed with cream, very slightly salted, or a bowl of junket, or a cup custard, warm, not hot. If the child is to be brought up a meat eater, it may have a little very finely-chopped white meat of chicken, or a scraped beef or mutton cake.

At the end of the second year give a little carefully-cooked spinach, stewed celery, stewed cucumber, stewed summer squash, not mashed; well-boiled rice, rice puddings, fruit gelose, soft custard with bread crumbs, and the upper half of a shredded wheat biscuit with warm milk.

At the beginning of the third year the diet may be slightly increased in quantity, but do not add too great a variety. Cream may be used on such cereals as Cream of Wheat and farina. Wheatena and Wheatlet should be served with milk. Ice cream, lightly flavored, may be allowed once a week. Oranges, ripe peaches, baked bananas, stewed prunes, carefully-scalded dates, and large grapes, skinned and seeded, may be added. Small fruits should be mashed and strained.

When the child has reached its fourth year add delicately-cooked green vegetables in greater variety than heretofore. Very young lima beans, pressed through a sieve, tender hearts of lettuce with a little olive oil and a few drops of lemon juice, very young sweet peas. Whole wheat bread should be used in the place of white bread. Tea, coffee and chocolate should never be given, nor should jelly and jam be used on bread in place of butter. During the warm months use the lighter cereals, as farina, Cream of Wheat, barley flour mush, rice and rice pudding. For the winter breakfasts, oatmeal, rye mush, cornmeal mush and Wheatlet.

When the child is learning to eat, devote considerable time to teaching it the art of mastication. In this way the jaws are developed, the teeth strengthened and the stomach kept in good condition. Children who live on soft foods and swallow them without mastication, have frequently undeveloped jaws, too small to hold the teeth, which are apt to come in crowded and decay almost as soon as they are through the gums. A child should be taught to keep its mouth perfectly clean. Conditions arising from decayed teeth frequently cause serious digestive disturbances.

Whether you feed your children on meat or not must be settled by the habits of the family. If meat is given, it should not be used more than four times a week. Lean scraped beef, broiled, mutton or lamb, white meat of chicken and an occasional piece of white-fleshed fish, only should be used. Pork, veal, goose, fat fowl, the internal organs of animals, as sweetbreads, brains and liver, should be strictly avoided. Meat substitutes are purée of old peas, beans, lentils, eggs, milk and nut dishes. Balance the meals if possible; for instance, at one meal give a purée of lentils, followed by a baked potato and a carefully-cooked green vegetable, or an egg with whole wheat bread, followed by a saucer of stewed prunes, or a baked potato, mashed with cream, and carefully-stewed spinach, followed by a cup custard. A cream soup with stale bread crumbs may be followed by a warm cup custard. A purée of lentils may be followed by boiled rice, carefully-cooked fresh peas and a fruit tapioca or a mock charlotte. Do not give eggs and milk and meat at the same meal. Children enjoy pleasant combinations.

THE FOLLOWING ARTICLES ARE STRICTLY FORBIDDEN

Pork and all dishes made from pork
All salt meats and fish
All dried meats
Sauces and gravies made from heated fats
The internal organs of animals, as liver and kidneys
Stews
Rich soups
Coarse vegetables, as cabbage, radishes, raw cucumbers, tomatoes, green corn, eggplant, peppers, beets, yellow turnips, boiled and mashed potatoes, fried potatoes, raw onions
All hot breads and griddle cakes
Dry cakes
Pies
Puddings
Candies
Preserves and sweet jellies
Salads with mayonnaise dressing
Tea, coffee and chocolate
Cherries
Plums
Figs
Pears
Cranberries
Rhubarb
Raw bananas
All dried fruits
Canned fruits
Fruits stewed with sugar

FOODS ADMISSIBLE FOR YOUNG CHILDREN

Milk and milk foods
Milk gruels
Buttermilk
Matzoon
Leban
Clabber
Junket and junket preparations
Vegetable gelatin with fruit juices
Nut preparations made from ground nuts
Whole wheat bread
An occasional piece of corn bread
Now and then stale white bread
White meat of chicken
Beef
Lamb
White-fleshed fish
A little olive oil
Butter
Cream
Cocoanut cream
Custards
Occasionally ice cream
Baked potatoes
Soft-boiled onion now and then
Stewed cucumbers
Stewed summer squash
Spinach
Cauliflower
Tender celery, stewed
Lettuce hearts, with a little French dressing
Prunes, stewed without sugar
Scalded dates
Baked bananas
Stewed bananas
An occasional mutton chop cooked in a paper bag
Cream soups, especially those made from celery, green peas, split peas and ground nuts
Rice pudding
Boiled rice as a savory, not with sugar
Now and then a little carefully-stewed macaroni
Oranges
Grape fruit
Lemonade
Ripe peaches
Apples baked without sugar
Mellow apples, raw
Small fruits made into mush and strained
Large grapes, seeded and skinned

DIET FOR OLDER CHILDREN

Children old enough to go to school should have special attention paid to their diet, as diet, education and health bear very close relations one to the other. In the kindergartens, or the schools intermediate between the kindergartens and the first primary division, children usually carry their luncheon, and as they must put it out on tables before the teacher, she has supervision and care over what they eat—in fact she frequently suggests the luncheons; but where these matters are left to ignorant parents, children suffer and frequently break down before they have finished their school period. During these days the child is growing rapidly, and at the same time exercising both mind and body. These conditions call for a liberal and correct diet. Correct diets are not always those that are easily digested. We do not mean by this that indigestible foods should be given, but that it is not necessary always to give easily-digested foods. The stomach needs exercise as well as every other part of the body.

The diet for school children should contain a goodly quantity of protein in order to repair and build new tissues, and sufficient fats and carbohydrates to yield heat and energy. It must not be forgotten that the bones and teeth must also be nourished; they have not yet reached their full development. Children underfed are usually nervous, and frequently have to be forced to go to school, they have not the vigor to keep up with the class. Nine out of ten times this is due to underfeeding or incorrect feeding—one is as bad as the other.

All children are not born alike. Many come from scrofulous, gouty, rheumatic or tubercular parents, and must be fed on different food from those born of perfectly healthy parents. School children should be under the careful observation of their Domestic Science teachers.

Children fed on bread, meat, potatoes and sweets are very apt to become constipated. Fruits and fresh green

vegetables, simply cooked, with well-cooked cereals, milk and eggs, should form the diet of childhood. If the family are meat eaters, mutton, chicken and beef should be depended upon, and the meals should be divided and arranged according to the seasons. In the summer a comfortable, warm breakfast is as necessary as in the winter, and should be composed of light, well-cooked cereals and milk, with a piece of whole wheat bread, carefully buttered, or a soft-boiled egg or two, with whole wheat bread, well buttered, and fruit. In the summer use the lighter cereals, as Cream of Wheat, farina, whole wheat, rolled wheat, rolled barley and shredded wheat. In the winter, oatmeal, Wheatena, Wheatlet, hominy grits, cornmeal mush and rye mush.

If lunches are carried to school, they should consist of nut bread, well buttered, plain whole wheat bread and butter sandwiches, plain whole wheat bread with grated yolk of egg between, and fruit—apples, oranges and pears, not bananas. Bananas should be given for breakfast, and should always be well cooked.

Add to the noonday luncheon a cup custard, or jar of rice pudding, or a jar of good sweet milk or buttermilk. Do not give hard-boiled eggs, because the complete digestion of the whites takes too much time and the child does not get the full benefit; but two or three yolks that have been boiled a half hour may be grated and put between the bread and butter.

Avoid all sweets, cakes, pies, pastry and cookies. Do not put lard or sugar in the bread for either children or adults. If it can be carried, there is nothing better than a half pint of milk for the noonday luncheon or a half pint of buttermilk; when these are added to the luncheon do not use meat. Chopped white meat of chicken, chopped beef or mutton, carefully and lightly seasoned, may be used for sandwiches; and fruit should be used freely for desserts.

A child should not study immediately after eating, but should have sufficient time for digestion to begin.

Among the "backward" at school are found children illy nourished, those who are given incorrect food, and those who are allowed to remain in bed until the last minute and go to school after a hurried, badly-served breakfast. Tea, coffee and chocolate are frequently given to such children because they can drink them quickly, or because it is a cold morning. If the child is healthy he will want a substantial cereal, and will be able to keep warm without a hot drink.

Growing children need three good, nutritious meals a day, and must not nibble between meals. Children "without appetites" are those who eat at cakes and candies between meals. Constant nibbling, like constant chewing of gum, destroys the appetite, increases the flow of saliva, which interferes with stomach digestion.

Of equal importance with diet is careful bathing and plenty of fresh air and pure water. Children should sleep in well-ventilated rooms, should take a glass of water the last thing at night and the first thing in the morning, and should be carefully bathed and rubbed. Hours of eating should be regular. The digestion of a healthy child is active, and food passes from the stomach in much less time than in adults. Parents frequently forget this and keep the children waiting too long between meals.

Children who are obliged to carry cold luncheons for the noonday meal must have a warm, comfortable supper not later than six o'clock. If they come home in the middle of the afternoon (two or three o'clock) they should have a glass of milk, or a cup of good, warm cream soup, or a glass of buttermilk, or an egg and milk. Breakfast was early, luncheon light at noon, they have not had sufficient food. In fact, herein lies the danger of broken health in childhood. They frequently come home hungry, and eat candies, or cakes, which satisfy the appetite without giving sufficient nourishment. Supper should be composed of well-baked potato, or boiled potato mashed and browned, or rice, or stewed macaroni, with beef, mutton or chicken,

or white-fleshed fish and either a saucer of whipped cream, or fruit tapioca, or fruit gelose, with bread and butter. Purée of beans, lentils and dried peas may take the place of meat. If children are fond of cereals, it is well to start the night meal with cereal instead of soup. Children do not require soup at the beginning of dinner. Milk, hot or cold, not iced, may be given with all non-meat meals. Children should be taught to masticate thoroughly and eat slowly, and after dinner they should have at least one hour of quiet recreation before beginning study.

The food value of almost every article depends upon the method of cooking. Children should not be given fried foods, or such complicated dishes as pies and puddings. Incorrect combinations interfere with digestion. Do not give potatoes and rice, or white and sweet potatoes at the same meal; give one or the other, and select a green succulent vegetable, suited to the combination. Green string beans are palatable, sightly and valuable as a green vegetable when cooked in salt water; when cooked with meat they are rendered indigestible. Potatoes well baked, or boiled, mashed and browned, are easily digested, an excellent food, but when fried are worse than useless. Rice carefully boiled until each grain is swollen to twice its former size, and no two grains sticking together, requires only one hour for perfect digestion; but when heavy and soggy and cooked with milk it is the worst form of starchy food; it will produce sour stomach and flatulency at once.

Every mouthful of starchy food is, during the process of digestion, converted into sugar, and with such natural sugars as we find in fruits, a child will have quite enough sugar without adding sweet foods or putting sugar on cereals, or eating candies. In cold weather a lump of cut sugar may now and then be given in the place of candy, but such things are more or less temptations and the child is quite as well off without them. Mock candy, figs and prunes make nice desserts. Cereals should be cooked

the night before, allowed to stand in a double boiler and reheated in the morning.

Bread should be made from whole wheat flour, free from lard and sugar and be well baked. Whole wheat bread does not contain more muscle-making food than white bread, but it does contain mineral matter, and this is an important element in child nutrition.

Teach your children to eat a green vegetable every day. At first select those easy of digestion—boiled cucumbers, young carrots, spinach, young green peas, tender lima beans, tips of cauliflower, stewed tender celery, hearts of lettuce, tender endive, and, if allowable, asparagus tips.

Children enjoy pleasant combinations. With broiled or boiled fish serve crisp lettuce and little potato balls; with stewed chicken, boiled rice, stewed celery or peas; with steak, cauliflower and baked potato; with mutton chops, creamed potato and peas; with a chopped broiled meat cake, mashed and browned potatoes and stewed cucumber. Desserts must be arranged according to the meat portion of the dinner. Without meat, serve cup custards, soft custards or bread puddings made from egg and milk; with meat dinners, fruit tapiocas, vegetable gelatin with fruit juice, whipped cream, slightly flavored, or fruit carefully stewed without sugar. Water should be the only beverage. Milk takes the place of meat; it is a food containing a considerable amount of solid material. Chocolate is an admirable food and may be taken in the morning with bread and butter for breakfast, but it must not be given with a heavy meal. Tea and coffee have no place in a child's dietary.

Fat ranks first as heat-producing material. In winter add cream to the milk and see that the bread is well buttered. Use olive oil, with a little lemon juice or vinegar, over uncooked green vegetables.

FOODS THAT ARE GENERALLY ADMISSIBLE

Well-cooked cereals
Fruits, fresh and stewed without sugar
Cooked bananas, except fried and fritters
Cream soups
Vegetable soups without meat
Purée of beans, lentils, peas
Carefully-cooked beef, mutton, chicken, white-fleshed fish
Eggs
Fruit tapioca
Vegetable gelatin with fruits
Whole wheat bread
Corn bread
An occasional piece of white bread
Occasionally rye bread
Baked potatoes
Boiled potatoes
Mashed and browned potatoes
Potato timbale
Potato soufflé
Potatoes à la crême
Stuffed potatoes
Baked sweet potatoes occasionally
Boiled rice
Stewed macaroni, not baked
Hominy and hominy grits
Mush bread
String beans
Stewed cucumbers
Summer squash
Milk
Buttermilk
Leban
Zoolak
Matzoon
Schmierkase
Junket
Blancmange
Rice puddings
Cup custards
Soft custards
Spinach
Tender cauliflower
Very young carrots
Young turnips carefully stewed, with cream sauce
Young celery
Lettuce, imported endive, Romaine
Stewed okra
A little tender corn
Carefully-boiled onions once in awhile
Dandelions carefully cooked
Such nut foods as almond butter, a very little peanut butter, almond cakes, almond pudding, piñon nut butter, ground piñon nuts for sandwiches, ground Brazilian nuts
Cocoanut milk and cocoanut cream desserts

GENERAL FOODS TO AVOID

Strong meat soups
All clear soups made from meat
Sea foods, with the exception of white-fleshed fish
Pork
Veal
All fatty meats
Sweetbreads, liver, tripe, brains and kidneys
Complicated made dishes
Rich sauces
Dense meat, as rabbit
All stimulating foods
Foods seasoned with wine or highly spiced
Fried foods of every description
Tea
Coffee

GENERAL FOODS TO AVOID—Continued

Potatoes baked with meat
Macaroni baked with cheese
Cabbage
Kale
Old carrots, turnips, beets
Fried onions
Peppers, raw or cooked
Pies
Cakes
Cookies
Hot breads
Preserves
Jellies, except occasionally
Raw bananas
Unripe fruits
Imperfect fruits
Unsterilized dry dates and figs
Cantaloupes

MARASMUS

This disease comes, as a rule, from malnutrition; it is really slow starvation. Such infants frequently have a sufficient amount of food, but the food is not suited to their natural condition; they are starving on plenty. Many of the artificial "infant foods" contain starch and other materials absolutely unfitted to the digestion of a newly-born babe. The infant will grow thinner and thinner as the days go by, until it finally presents that wasted, worn, shriveled, old appearance which follows starvation. Milk of poor quality will bring about the same conditions.

Do not undertake to treat a marasmus baby unless you have the advice of a physician. Modified milk will frequently bring a child back to normal condition in a few weeks. "Skin Feeding" sometimes becomes necessary:—when the child is being prepared for bed, give it a warm sponge bath, dry the skin carefully and rub all over with cod liver oil; do it gently but thoroughly, using at least two teaspoonfuls for the inunction.

As the child grows older, if it has teeth and increases in weight, give barley water and top milk, using sugar of milk in the same proportions as in modified milk. If the child is very young and very ill, feed every hour a tablespoonful of cream and water, for two or three days, then give modified milk and keep up the oil inunctions.

MEASLES

During the height of the fever give hot water, or hot water and milk. A fast is to be recommended. When the appetite appears give milk, milk and barley water preferable, hot or warm milk soups, with hard toast; the top of a shredded wheat biscuit with hot milk, farina and Cream of Wheat, which are quite enough until the fever subsides. Milk foods should be given about three hours apart. Thirst may be allayed by warm tea, clover tea, or just simply a pinch of green tea and a pint of water.

When convalescence appears, cereals and milk, with the exception of oatmeal, should form the bulk of the diet. Then add cream soups, cup custards, blancmange, junket, coddled, poached, fluffed and snow eggs, fruit and fruit juices; vegetable gelatin with fruits; baked potatoes; plain boiled rice; potato soufflé; potato timbale; ground almonds mixed with the breakfast cereal; rice dumplings; rice cream; rice pudding, and such milk foods as plum porridge and milk jelly.

Avoid—All foods difficult of digestion, as coarse vegetables, highly-seasoned soups and sauces, cakes, pies, preserves, ice creams, other cold foods and meats. The return to a solid diet must be made very gradually.

CHOREA

In this disease diet is of primary importance. When it occurs in children, the diet should consist exclusively of fruits, tender green vegetables, well-cooked cereals and cream, eggs and milk. Fatty matter is called for in an easily-digested form, as whole wheat bread, well buttered, a little olive oil on hearts of lettuce, or on tart apples cut into blocks, or over well-cooked spinach, or cream on boiled rice, or on a well-cooked cereal.

MAY EAT

Eggs and egg preparations
Milk and milk preparations, excepting koumys
Cream
Broths
Cream soups
Whole wheat bread
Cup custards
Soft custards
Fruit juices
Vegetable gelatin, flavored with fresh fruit
Carefully-made nut foods
Now and then a piece of white meat of stewed chicken
An occasional lamb chop, but never at the same meal with eggs or milk
All carefully-cooked topground vegetables

AVOID

All sweets
Highly-seasoned made-over dishes
Coarse vegetables
Pickles
Red meats
Bulk foods
Tea
Coffee
Chocolate
Puddings
Pies, cakes
Such raw vegetables as cucumbers, cabbage, or the outside stalks of celery

DIPHTHERIA

The rapid loss of vitality and weight in this disease must be met and retarded by correct dietetic treatment. The difficulty in swallowing makes liquid foods a necessity, and the kidney conditions indicate a diet not too rich in the proteids of meat.

MAY EAT

Modified milk
Eskay's food
Albuminized milk
Cream and whey
Arrowroot gruel
Meiggs' food
German flour gruel
Pineapple juice alone and with white of egg
Orange juice
Mutton tea
Vegetable bouillon
"Ye perfect food"
Cream, eggs and beef
Cornmeal gruel
Eggs and whey
Plum porridge
Beef meal
Cream of celery soup
Cream of potato soup
Nut soups

MUMPS

Mumps do not require special feeding, except that the food must be liquid in order to be easily swallowed. Food must also be free from salt, pepper and acid.

MAY EAT

Milk
Milk soups
Mutton broth
"Ye perfect food"
Semi-solid beef
Beef gruel
Egg and milk
Cream soups, and such milk foods as kefir, buttermilk, almond milk, albuminized milk, plum porridge, arrowroot milk and milk gruels

As soon as the swelling subsides, the patient may take semi-solid foods of a non-stimulating character.

WHOOPING COUGH

In cases of either mild or severe whooping cough the stomach and bowels require very close attention. Mucous membranes in general are affected, and incorrect food induces indigestion, and this increases the number and severity of the paroxysms. As there is always a tendency to vomit, a small amount of food given at regular and frequent intervals is best. Three meals a day will hardly answer in this disease. Liquids and semi-solid foods only should be given during the first, severe, part of the disease. Osler says, "Give no solid foods, nor fruits, except orange and lemon juice, and do not give these with other foods."

Those who adhere most rigidly to given rules can reduce the number and severity of the paroxysms very quickly.

MAY EAT

Milk
Milk and barley water
Milk and white of egg
Eggnog
Cup custards
Soft custards
Floating island
Well-cooked cereals
Junket
Buttermilk
Milk toast
Milk toast, with hard yolk grated over
Egg flip, plain
Egg flip, with a little sherry
Chicken broth, with rice
Plain chicken broth
Cream chicken broth
Strained mutton broth
Lemon gelose once a day

ENURESIS

A simple nutritious diet helps greatly in correcting this trouble. Liquid foods and large quantities of water should not be taken after five o'clock in the evening. Breakfasts should be nutritious and composed largely of eggs, simply cooked; dry or milk toast, stewed prunes, figs or baked bananas, and a glass of milk. The heavy meal should be at noon and consist of chicken, eggs, white-fleshed fish, baked potatoes or boiled rice; a little spinach, carefully-cooked peas, sweet corn cut from the cob, carefully-stewed young turnips or celery, and a simple dessert, fruit gelose, fruit tapioca, or a little whipped cream.

Suppers should be much like breakfasts, bread and milk, cornmeal mush and milk, milk toast, stewed figs and cream, with toast. After the child is prepared for bed, see that the bladder is emptied, and that he is in a comfortable position, with his head almost level with the rest of the body.

Such children must avoid at all times tea, coffee, spiced foods, red meats, sour foods, candies, cakes, rich puddings, pies, pork, veal, fried foods, beef tea, bouillon, consommé, hot breads, bran breads, coarse vegetables, and they must not eat between meals.

DIET IN RELATION TO AGE

When a man has passed his fiftieth year, he certainly has less call for food than during the early and more active part of his life. His structure is complete; he needs only a sufficient quantity of easily-digested foods to repair his tissues and keep up his bodily heat and energy. If the young overeat, they can rectify it now and then by a "bilious" attack, but such dissipation reduces the aged to a condition of invalidism.

The character as well as the quantity of food must be changed to suit the age. Violation of nature's laws, false ideas of the amount of nourishment required, have much to do with early feebleness. More than one-half of the diseases that embitter the middle and latter portion of our lives, are due to errors in diet. A perfect old age, however, has its foundations laid in youth. One cannot dissipate for a quarter of a century, and expect nature to forgive and forget.

If persons have been accustomed to a mixed diet, it is better perhaps to keep on in moderation. More foods are required by the active aged than by those who are simply waiting.

Meats should not be eaten more than four times a week and then at the noonday meal; substitute eggs, milk and milk preparations, purée of lentils, old peas, beans and peanuts. Boiled meats are more easily-digested than baked or fried. Breakfasts should be light, composed of fruits, cereals and whole wheat bread, or eggs, toast and café au lait. Soups should not precede the noonday meal, too much liquid reduces the strength of the gastric secretions. A purée of lentils is really the meat dish and need only be accompanied with a baked potato or boiled rice. A liquid or semi-solid food, as cornmeal mush, cocoa, milk toast, eggs and milk, gruels with toast, form admirable suppers. Buttermilk, cottage cheese, koumys, leban, are

easily digested, and with a piece of toast contain sufficient nourishment for the night meal.

Do not neglect the output, nor the relations between it and the intake; the motto must be, light easily-digested meals, with not one ounce more than is necessary. The machinery of the aged is easily upset.

As sleep bears a close relation to food, take the lightest meal of the day at night.

COMBINATIONS SUITED TO THE AGED

BREAKFASTS

Stewed Prunes Wheatena Cream

Stewed Figs Cream of Wheat Cream

Stewed Apples Eggs Toast

Orange Juice
One Egg Broiled Bacon Toast

Grape Fruit
Poached Egg Corn Muffin

Strawberries
Boiled Rice Cream
Toast

Broiled tomato Whole Wheat Gem

DINNERS

Cream of Celery Soup
Boiled Mutton Boiled Rice
Tender Lettuce Salad

Purée of Lentils Pilot Bread
Baked Potato Spinach
Orange Gelose

Peas Pudding Tomato Sauce
Boiled Rice Apple Snow

COMBINATIONS SUITED TO THE AGED—Continued

Cream of Potato Soup
Chop Hominy Cold Slaw
Fruit Tapioca

Vegetable Soup without Meat
Salisbury Meat Cake Peas
Blancmange Cream

SUPPERS

Mush Bread and Butter
Apple Sauce

Milk Toast with Hard-boiled Yolk of Eggs
Prune Jelly Cream

Junket with Cream and Unleavened Gems

Cocoa with Rusks

Rice Gems with Coddled Apples

Apple Omelet with Pulled Bread
Cocoa

Buttermilk with Whole Wheat Bread

Oyster Soup with Pilot Bread

Warm Caramel Custards with Crackers

FEEDING IN FEVER

Graves, in 1848, commenced to feed fevers. Prior to that time most fever patients had been starved, and we might add, most fever patients died, for in addition to starving they were bled. In all fevers the proteins are lost in greater proportion than the fats. The appetite is weak, sometimes entirely lost, the digestive organs lack the natural activity, and thirst is intensified. To keep up the supply of protein during this rapid loss, give milk in as large quantities as can be readily digested by the patient. Add the white of egg once a day, if it is agreeable to the patient and the physician.

Avoid solid foods; they are slow of digestion, frequently decompose in the intestines and provoke serious new diseases.

The nurse must be perfectly familiar with the food requirements, for in fevers, diet is of first importance. Do not be guided by the patient's appetite. The gnawing of a sick stomach does not always mean hunger.

Milk is almost universally used as diet in fevers. Two quarts a day, about 1300 calories, will be borne quite easily if modified with barley water in proportion of one-third to two-thirds milk.

Do not insist upon milk and barley water at every feeding if the patient objects. Give at one time modified milk, at another, milk shaken with white of egg, orange juice with white of egg, or milk and Vichy, milk and lime water, or koumys, leban, junket, pancreatized milk, zoolak or kefir. If the taste of milk is objectionable, you will find in another portion of the book recipes for changing its flavor. Eggnog, egg and milk, sometimes the yolk of the egg beaten with the milk, at another time the white of egg and sherry, if admissible, plum porridge, rice water and milk, arrowroot milk gruel, are all to be recommended.

Personally, I object to beef tea or any form of meat soups in fevers. I have passed through typhoid fever

twice, and had good recoveries both times from milk and milk preparations. Meat and meat preparations were tried, with unsatisfactory results; they lack nutrition. Without having any personal idiosyncrasies for meat, I feel that milk makes a far better fever food. My opinion comes from experience rather than prejudice.

Gelatin preparations and gelatin drinks are often valuable in cases of intestinal hemorrhage.

Never overfeed the patient; there is a diminution in the power of the digestive organs and they must never be overtaxed. A little food and often is the motto.

TYPHOID FEVER

In typhoid fever there is a close relation between right feeding, good nursing and recovery. At no time during the prevalence of the fever must there be the slightest departure from the food ordered by the physician. As the intestines are involved in this disease, it seems wise to give stomach-digested foods, but in all fevers gastric digestion is weak, hence stomach-digested foods must be carefully selected and easy of digestion.

Milk and milk foods are usually most acceptable. If the taste of milk is objectionable, change the flavor as directed in another part of this book.

Do not give solid food unless you have the consent of the physician. A tiny bit of orange pulp, or even a portion of soft-boiled white of egg, may escape digestion, pass into the small intestines, form an irritant and in turn endanger life. On the other hand, it must be remembered that full feeding is necessary. The milk you give must be whole milk, containing its full amount of fatty matter, and if barley or rice water be added, the tissues of the body are spared. In some cases the stomach is particularly sensitive to the curd of milk; this will be known quickly by the appearance of *tympanites,* or indigestion and flatulency. Stop milk feeding at once, and substitute modified milk,

peptonized milk, koumys, white of egg and water, barley water and cream, beef tea, beef essence, carefully-strained broths in which you have boiled either rice or barley. These foods contain the necessary elements of nutrition, presented in easily-digested form.

Where milk cannot be borne, feeding becomes more complicated, and where a patient has prejudices in health little can be expected in sickness. If your patient is comfortable and seems well nourished, is not losing fat too rapidly, has no distressing abdominal symptoms and no undigested food in the stools, take for granted the feeding is correct, and continue it. On the other hand, if the patient is losing weight rapidly and there are abdominal complications, take for granted the feeding is incorrect, or it may be insufficient in quantity; then change the diet, or increase slightly the quantity.

Many cases under my observation have been able to take eight ounces of milk and barley water at a feeding. Again, I have seen robust people who could not digest four ounces in three hours. One quart and a pint of milk, with one pint of barley water, per diem, is a fair allowance.

If diarrhœa is prevalent, use ground rice gruel and milk that has been pasteurized and cooled. If vomiting occurs give orange juice, or other fruit juices in small quantities, and a little lime water, with milk.

Toast water, carefully strained, will sometimes allay thirst more quickly than plain water. Irish moss gruel or gelose water are exceedingly nice swabbing materials for the mouth; they prevent the mouth from becoming so dry. A typhoid patient, whose mouth and lips become parched, cracked and sore, will frequently refuse nourishment when hungry. In fact the mouth should be rinsed or swabbed with some mucilaginous water each time before feeding. A few drops of Listerine or Glycothymoline in water is frequently very pleasant. After each feeding the mouth should be cleansed.

CONVALESCING TYPHOID

After the patient has had a normal temperature for ten or twelve days, if agreeable to the physician, add a little semi-solid food to the general feeding: a frothed egg, omelet soufflé, cup custard, bonnyclabber with cream and nutmeg, banana gruel made from banana meal, served with cream, a scraped beef cake, a very tender broiled chop, a piece of broiled sweetbread, a piece of juicy steak, the yolk of a hard-boiled egg grated over milk toast, a poached egg, a coddled egg, rice gruel made by boiling rice carefully and pressing it through a sieve, diluted with milk or cream, broiled bird, free from fat and lightly seasoned, carefully-made soups and cream soups. These dishes should at first be used only once a day, and that at noontime.

Avoid all vegetable foods for at least six weeks, with the exception of now and then a carefully-baked potato and a little carefully-boiled rice. When desserts are added they must follow the noonday meal. Wine jelly, Irish moss jelly, floating island, cup custards, cocoa, a cup of racahout; now and then farina custard, are admissible. Avoid all flavoring extracts in desserts; use in their place a teaspoonful of caramel or a tiny bit of the grated rind of orange or lemon, strained out.

Do not allow the patient to eat too much. Remember that after typhoid a person is very hungry and inconsistent as to what they want and the amount needed. No matter what the patient wants, give a small quantity of easily-digested foods.

If there is a rise in temperature after the first or second meal of solid foods, return again to liquid diet and continue it until the temperature falls to normal. At the end of a month, if the temperature is normal, the bowels regular, and there is no diarrhœa, the patient may select one or two favorite articles, for the noonday meal. This does not include such indigestible foods as lobsters, crabs or shrimps, or coarse vegetables, dried fruits, pies, puddings,

or fried foods. Chopped meat cake, broiled sweetbreads, birds, venison, baked potato, young chicken, and light strained soups, are allowable.

DENGUE FEVER

In this fever use precisely the same diet as in typhoid, and if the person is robust, a fast of three or four days, with plenty of water, is to be recommended.

MALARIAL FEVER

A fast of one or two days, followed by white of egg and water for one day. Nut milk is excellent in the first stages of malaria. Fruit juices, especially orange juice, is always to be recommended, and may be used from the very first day. If orange juice is out of the question, use apple or grape juice. Then the white of egg in a half pint of water every alternate feeding, with milk and lime water for a week. Then add milk soups, gruels, and such milk preparations as koumys, leban, zoolak, matzoon and buttermilk. As soon as the patient can take solid food, add peas; spinach; dandelions, finely chopped; cauliflower; boiled cucumbers, with a little butter and salt; summer squash; a broiled chop; broiled chopped meat; chickens; white fish; baked potato; boiled rice, and macaroni.

SCARLET FEVER

The writer has had considerable experience in the feeding of scarlet fever, and has found that the best results come from a non-meat diet, and she fully believes that a strict milk and barley water diet is best until the fever subsides. During convalescence give alternate feedings of farinaceous gruels, arrowroot, rice flour, farina, Cream of Wheat, Meiggs' food, lentil milk gruel, and "ye perfect food." If the appetite increases and the patient seems to want solid food, give Cream of Wheat and farina, served

with milk. If milk becomes tiresome, give buttermilk, koumys, leban or matzoon, or any of the milk preparations. If it becomes distasteful, change its flavor according to directions given in the Second Part of this book. Orangeade, orange juice and lemonade may be used to allay thirst. In an ordinary case, the patient may be given the juice of four oranges a day.

MAY EAT, DURING CONVALESCENCE

Milk and milk preparations
Milk toast
Cup custard
Farina
Cream of Wheat
Old-fashioned rice pudding
Stale bread and milk
Tapioca pudding
Blancmange
Junket
Orange juice
White of egg and orange juice
White of egg and apple juice
Fresh-made grape juice
Lemonade
Carbonated waters alone, or with milk or orange juice
Lime squash
Orange water ice, unsweetened
Frozen grape juice, unsweetened

LATER, ADD

Poached eggs
Soft-boiled eggs
Hard toast
Whole wheat bread
Fruits stewed without sugar
Soy bean or lentil soup

The return to a meat diet must be postponed as long as possible, the writer believes forever, but if the patient belongs to a meat-eating family, meats will be added. Begin with the white meat of chicken, and a small quantity of boiled lamb or mutton. Do not add beef for some time to come, and avoid all sea foods.

Avoid during the height of the disease and throughout convalescence:

All meats, meat soups and meat extracts
Highly-seasoned foods of all kinds
Sweets
Sour foods
Vegetables
Hot breads
Desserts

YELLOW FEVER

Physicians in the tropics recommend in all cases of yellow fever, an absolute fast, no matter whether the patient is robust, or slender and frail.

If vomiting occurs, and continues for any length of time, rectal feeding must be resorted to, but this is frequently quite as irritating as food administered by mouth. Solid foods must be forbidden until the patient is far on the road to convalescence. The physician alone knows when and how to arrange suitable convalescing diet. If the patient is in any civilized country, where predigested foods can be obtained, these should be the first to follow the fast. Avoid, however, all meat preparations in hot climates, no matter whether they are predigested or not, and sugar.

MAY TRY

Albuminized water
Lime water and milk
Bicarbonate of soda and water
Whey
Whey and white of egg

PURPURA HÆMORRHAGICA

Feed the same as in fever, but substitute four ounces of fresh grape juice, for three regular feedings, one in the morning, another at noon, and one at six o'clock. It is most important that the grape juice be freshly made, according to the recipe found in another part of this book.

If milk and barley water have been the main diet, a change to almond milk, gelatin water with lemon or orange, limeade, orange juice and white of egg, dry albumin in milk, is frequently beneficial.

It is extremely necessary that the diet be nutritious and liquid.

SMALLPOX

During the early stages of the disease there is little or no desire for food. Plain milk, or milk one-third barley water, milk with dry albumin, peptonized milk, or milk and carbonated waters, give quite enough variety. Do not urge the patient to eat until appetite appears. Then add milk soups, nut soups, eggs and milk, eggnog, egg flip, Cream of Wheat and farina. Later, when the fever subsides, add a baked potato, or a South American yam, milk toast, egg and egg dishes, and milk preparations. Lemon and orangeade may be used freely between feedings, to allay thirst. If the fever again appears, go back immediately to the diet recommended at first. The hours of feeding will be about the same as in typhoid fever. Avoid meat and meat dishes, and use as little salt as possible. Mutton broth is now and then ordered by physicians, but as it contains little or no nourishment, milk is to be preferred. Raw egg, with a few drops of lemon juice, if the patient can take it, is far better than meat.

During convalescence, or as soon as the fever subsides, increase the diet. Add broiled sweetbreads, broiled chops and a little white meat of chicken, but depend for the bulk of the food upon well-cooked Cream of Wheat, farina, shredded wheat biscuit, with milk and cream, eggs, rice pudding, cup custards, junket, milk toast, tapioca pudding, and carefully-cooked fruits. Whole wheat bread should be used in place of white bread, and all bread given should be made without sugar or lard.

DISEASES OF THE SKIN

URTICARIA OR NETTLE RASH

The skin, being a delicate and sensitive secretory organ, is easily affected by habits, diet and exercise.

Nettle rash is perhaps the best example of a cutaneous disorder resulting from the toxic influences of food.

Persons who eat indigestible compounds, as pie, cake, preserves, fried meats, fried starchy foods, as potatoes, and such made dishes as croquettes, and those who wash down each mouthful of bread and butter with weak tea or coffee containing sugar and cream, are frequently troubled in the cold months with various eruptions of the skin, especially on the hands. The clammy moist hand of the dyspeptic is one of the first symptoms of an unhealthy skin. In cold weather the skin of the face is rather red and coarse; in warm weather it becomes greasy. To correct these conditions, add to the daily diet tender green vegetables that can be eaten raw with a little French dressing. Give an abundance of ripe fruits, fruit juices, whole wheat bread, rye bread, and now and then brown bread. Orange juice, grape juice, apple juice, early in the morning, or between the morning and noon meal, are to be recommended. If the patient is thin and anæmic, follow diet in leanness; if robust, the diet for the obese.

Give plenty of water between meals.

MAY EAT

Lean beef, a little
Mutton
Chicken
Cream soups
Fruits
Fruit juices
Fruit desserts, with tapioca or arrowroot
An occasional baked potato
Boiled rice
Topground green vegetables
Green salads, with French dressing
Orange salad
Grape fruit salad
Cantaloupe salad
Whole wheat bread, well buttered
Pilot bread
Swedish bread
Toast
Brown bread
Graham bread
Gluten bread, occasionally
Purée of lentils
Purée of peas
Nut foods
Vegetable gelatin desserts
Milk toast
Light egg dishes, especially those made from hard-boiled yolks

AVOID

All coarse vegetables
Mashed and fried potatoes
Boiled cabbage
Kale
Pork
Veal
Lobsters
Crabs
Fish
Oysters and clams
Pickles and foods in vinegar
Rich sauces
Mayonnaise
All meat soups
Fried foods in general
Pies
Puddings
Cakes
Candies
Sugar
Tea
Coffee
Chocolate
Cocoa and cocoa preparations
Entrées

ACNE

It is said by many dietitians that acne may be entirely overcome by correct and special diet. It is true that acne is worse among people who live largely on hot breads, fried food, rich starchy dishes and sweets. Avoid fat meats and sea foods. Use eggs, milk, and sour milk foods, green vegetables—spinach, lettuce, salads with olive oil and lemon

juice; peas, sweet corn, lima beans, string beans, stewed cucumbers, squash, stewed celery. A grated raw carrot eaten with a little salt just before retiring, or a saucer of popcorn will keep the bowels in good condition.

MAY EAT

Broiled lamb
Carefully-cooked chicken
Beef occasionally
Eggs
Skimmed milk
Buttermilk
Leban
Koumys
Matzoon
Whole wheat bread
Brown bread
Unleavened bread
Boiled rice
Cream of Wheat
Farina, with milk
Stewed macaroni
A little cheese
Eggs, except fried
Fruits and fruit juices
Gelose with fruits and skimmed milk
Lemon, orange and grape gelatin, with very little sugar
Game, carefully cooked
Mutton broth
Chicken broth
Noodle soup
Occasionally nut loaf
Zweiback
Virginia wafers
Maryland biscuit
All fruits, except strawberries and currants
Prune dishes

AVOID

Sea foods
Fried foods
Pies, cakes and puddings
Hot breakfast breads
Syrup
Pork
Veal
Smoked and salted meats
Tea, coffee and chocolate
Fish, crustacea, mollusks
Fresh American cheese
Gravies
Rich soups
White bread
Coarse vegetables, as turnips, beets, sweet potatoes, pumpkin
White potatoes, except occasionally
Fruits stewed with sugar
Jellies and preserves
Cream
Bacon
All alcoholic and malt beverages

ECZEMA

In eczema, as in all skin diseases, a correct diet plays the most important part in the cure. The stomach must be kept in good condition, the bowels regular. If the patient is anæmic, give white of egg shaken with milk, between meals, every other day; buttermilk or koumys the alternate days. Meat should be avoided, but eggs and milk used freely. Thorough mastication is of utmost importance.

If the patient is obese, treatment for the obese must be followed. Give plenty of pure soft water between meals, and keep the skin in good active condition by careful bathing with soft water and neutral soap.

MAY EAT

Soups made from milk and green vegetables
Ladies' cabbage
Spinach
Carefully-cooked peas
Stewed cucumbers
Summer squash
Carrots, carefully cooked
Whole wheat bread, without lard
Unleavened bread
Zweiback
Crackers
Occasionally brown bread
Modified milk
Cream of Wheat
Farina
Shredded wheat
Chicken, mutton
Toasted corn flakes, fruit juices
Butter, in moderation
Baked apples
Stewed apples, with very little sugar
Grapes
Fruit juices
Skimmed milk
Buttermilk
Koumys
Leban
Clabber
Schmierkase
Eggs, occasionally
Lettuce, cress, and light green vegetables, with a little olive oil and lemon juice

AVOID

Tea, coffee, chocolate and cocoa
Fats in excess
Sweets
Pastries, cakes and puddings
Starchy foods
Pickles
Fried foods
Food containing lard
Salt foods
Liquors, both malt and alcoholic
Cambric tea
All highly-seasoned foods
Underground and coarse vegetables
All fish, the crustacea, oysters and clams
Pork
Veal
Small fruits, with the exception of blackberries
Pears
Cantaloupes

Eczema in Children—A large number of cases of eczema occurring among children of the middle classes is due to defective nutrition; unsuitability of foods, bad cooking and hurried breakfast. Children who are allowed to remain in bed to the very last minute, and then rush through breakfast and off to school, ruin their digestion at an early age. Such children frequently have boils; if not, their skin becomes rough, the face covered with pimples, and the kidneys are more or less involved.

Fruits should be used freely in the morning, stewed without sugar, or raw. If the luncheon is carried to school, give nut butters with bread, and a bottle of milk, or give whole wheat or brown bread sandwiches, and fruit, or nut bread sandwiches and fruit. The yolk of hard-boiled egg may now and then be grated over the bread and butter. They should drink plenty of water between meals. Such children should avoid at all times candies, sweets, meats, especially pork and veal, all rich dishes and meat soups, tea, coffee and chocolate. The bulk of their diet should be composed of milk and milk soups, purée of nuts, purée of green peas and spinach, tender green vegetables, fruits, eggs and whole wheat bread, well buttered.

ALCOHOLISM

In this disease, whether chronic or acute, the whole system is more or less poisoned, the mucous lining of the stomach is inert and inactive, gastric catarrh is frequently established, and the mucous membranes of the stomach are thickened and hardened. Such lesions as cirrhosis of the liver, kidney complications, thickening of the arterial walls, and a form of bronchitis, may be expected. A bronchial and stomach cough, especially in the early morning, is frequently present, and morning vomitings are to be expected. The intestines may be more or less affected, but as a rule do not share the marked conditions of the stomach.

Acute alcoholism is more easily remedied by diet than is the disease when it has reached the chronic stage.

In mild cases, easily-digested foods are called for, and while it is true highly-seasoned foods increase and keep up the appetite, they are in the end injurious. Of what value is an appetite if the stomach itself has no power to digest the food eaten? Water, water, and plenty of it, is the quickest and safest remedy. Pure water will answer every purpose, but if the patient objects, give him Vichy, Seltzer or Apollinaris at any time during the day or night. Fruit juices, especially orange and apple juice, may be used freely; they allay thirst and the craving for liquor, and give a foundation on which to build a rational diet. Diet must be non-stimulating. A cup of black coffee in the early morning may be followed in an hour by a soft egg, or a glass of buttermilk, or koumys, and in the middle of the morning, fruit juice. If solid foods are admissible, give for dinner a broiled chop or scraped beef cake with a piece of hard, dry toast, well buttered, all to be eaten slowly and thoroughly masticated. Give no liquids with the meal. In two and a half or three hours give more fruit juice and Vichy, or an effervescing water. If there is uneasiness and a desire for alcohol, give liquid foods every two

hours; this will prevent the craving. Oysters, tripe, sweetbread, carefully-boiled rice, pulled bread, milk and soda, milk and Vichy, are all to be recommended. In the middle of the afternoon, say four o'clock, give a cup of carefully-made tea, without sugar or cream, or a cup of maté; I find the latter most beneficial in cases of alcoholism; it is not wise, however, to use it more than once a day, and never with meals. The last meal at night should be varied; give leban, buttermilk, eggnog without liquor, albumin and milk, koumys, junket, junket whey. Keep up the variety, it will induce the patient to eat and forget alcohol.

In severe cases, feed every three hours during the day, starting at seven o'clock in the morning. In place of coffee in the early morning, substitute the juice of two oranges, or a grape fruit, or pomegranate. In the middle of the morning substitute for Vichy now and then a lime or lemonade. As soon as possible get rid of condiments, and never begin with rich sauces, or soups, or overseasoned dishes. As the patient progresses, increase the vegetable diet and cut down the animal foods, giving meat but once a day. Well-cooked cereals, with subacid fruits, as baked bananas, stewed prunes, peaches, served with cream; baked potatoes, boiled rice, eggs and milk toast, should form the supper dishes. Where stimulants are called for, tea is frequently borne in the early morning better than coffee. If vomiting occurs, give a cup of very weak tea, or clam broth, or oyster bouillon; later give an egg flip; in two hours a cup of beef tea; the next two hours a cup of peptonized or predigested milk, or a cup of leban or buttermilk; the next two hours, beef juice on a piece of toast; next a cup custard or a cup of Meiggs' food.

Avoid excessive eating at meals, and do not give solid foods between meals.

CHRONIC ALCOHOLISM

When the disease reaches the chronic stage, the craving and longing for alcohol overpowers the better mental conditions and interferes with the selection of food and the appetite. Highly-seasoned beef teas, strong coffee, with lemonade, may be resorted to now and then, but such foods are a mistake; they increase rather than allay the demand for liquor. The writer has found a never-failing remedy in pure fruit juices, especially strained orange juice. The hours of feeding will be governed by the doctor and nurse. Give at seven o'clock a cup of black coffee, or a grape fruit, or pomegranate, or orange juice, milk and Vichy, milk and lime water, or a glass of lemonade. For the two-hour feedings use milk and milk preparations, broth, beef tea and fruit juice until light, easily-digested foods can be borne, As the patient progresses, increase the vegetable diet; give meats but once a day, and that at noon. Well-cooked cereals, with stewed prunes without skins; peach purée with cream; baked potato; milk soups; boiled rice; eggs; milk toast. Suppers should be exceedingly light, without tea, coffee or chocolate. Where stimulants are constantly on the mind of the patient, tea is frequently borne in the early morning better than coffee, and still better, a cup of maté. If vomiting follows the morning cough, give immediately an egg flip; if this is not retained give a cup of weak tea, or a cup of beef tea, or a cup of peptonized or predigested milk. A good arrangement is to follow the cup of weak tea in two hours with a cup of beef tea; the next two hours, four ounces of peptonized or predigested milk; the next two hours, four ounces of leban or buttermilk; the next, beef juice on a piece of toast, about one ounce of beef juice, and one ounce of toast; the next two hours, egg and milk; the next, two ounces of Meiggs' food. Let the evening meal be six ounces of mutton broth, thickened with rice flour. At ten o'clock, when the patient is getting ready for bed, give him four ounces of warm milk, one-third

barley water. If feeding is necessary during the night, use peptonized milk.

If milk becomes objectionable, substitute malted milk, junket, plain plum porridge, milk gruels, milk and vegetable soups. When solid food can be borne, give two ounces of scraped meat, made into a cake and broiled; broiled sweetbread or broiled mutton cake. After the meat has been thoroughly masticated and swallowed, give a glass of Vichy. The whites of two eggs shaken with a half pint of milk, with a piece of zweiback, makes a good supper. If the patient is restless during the night give hot milk at intervals of two hours; it will frequently induce comfort and sleep. If there is a constant desire for alcohol, and the loss is severely felt and produces nervousness, give a glass of half ginger ale and half Apollinaris.

MAY EAT

All predigested foods
Beef tea
Quick beef tea
Nutritive beef tea
Restorative beef tea
Beef essence
Beef juice
Beef broth
Mutton broth
Vegetable broth
Dried bean broth
Lentil soup
Celery broth
Milk and milk preparations
Broiled oysters
Oyster bouillon
Oyster broth
Clam broth
Milk soups
Eggnog
Egg and milk
Albuminized milk
Almond milk
Lentil milk gruel
"Ye perfect food"
Cornmeal gruel
Rennet and lemon whey
Albuminized whey
Solid foods:
- Boiled white fish
- Almond meat cake
- Broiled tenderloin
- Lamb chops
- Stewed tripe
- Broiled and stewed sweetbreads
- Boiled chicken
- Boiled pigeon
- Boiled mutton
- Beauregard eggs
- Coddled eggs
- Egg flip
- Eggs à la Martin
- Poached eggs
- Boiled rice
- Baked potato
- Creamed potato

MAY EAT—Continued

Carefully-cooked green top-ground vegetables
Arrowroot desserts
Fresh fruits, without skin
Fruits stewed without sugar
Prunes and figs
Tender lettuce, cress and imported endive, with French dressing
Boiled dandelions
Lamb's quarters
Poke shoots
Spinach
Whole wheat bread
Graham bread
Pulled bread
Zweiback
Passover bread
Pilot biscuits
Cocoanut milk and cream, made into desserts
Baked apples
Guava jelly
Orange marmalade
Beverages:
Saline waters
Fruit juices
Vichy
Carbonated waters
Lemonade
Lemon squash
Limeade
Lime squash

AVOID

All rich, highly-seasoned soups
Dark or pink-fleshed fish, lobster, crabs and shrimps
All highly-seasoned sauces
Underground coarse vegetables
Boiled cabbage
Brussels sprouts
Beets
All fried foods
Heated butter
Puddings
Pies
Hot breads
Tea and coffee, or chocolate, with meals
Sweets
Cakes
Fruits stewed with sugar
Pickles
Fruits with small seeds
Ice creams or sherbets at the end of a meal
Rhubarb

DELIRIUM TREMENS

While this comes truly under the head of alcoholism, it requires special dietetic treatment. Make sure that the alimentary canal is thoroughly emptied of all foods before you begin the feeding. Where both the chemical and the mechanical conditions of digestion are slack, food is frequently held until abnormal fermentations take place, the mass decomposes in the intestines and the patient is prevented from rapid recovery. The physician will probably give a brisk purgative; after this has thoroughly operated, give two tablespoonfuls of good, strong clam broth; in one hour give two ounces of beef tea, the next two hours two ounces of clam broth, the next two hours two ounces of milk; these may be alternated every two hours, for at least twenty-four hours. Water, of course, must be given freely. If all goes well, at the end of the first day, the patient will be able to digest the yolk of an egg shaken with milk, a cup of consommé, a cup of double-strength beef tea, Bartholow's perfect food, a glass of koumys, two ounces of matzoon or zoolak, eggnog with or without liquor, according to the physician's orders, egg flip, Meiggs' food, arrowroot milk gruel or plum porridge. If the stomach is irritated and there is a great desire for alcohol, give orange or apple juice. As the patient convalesces, give a scraped beef cake, carefully-broiled chops, soft-boiled eggs, broiled or creamed sweetbreads, or stewed tripe and oysters, with baked potatoes, carefully-boiled rice, well-cooked farina or Cream of Wheat, carefully-made corn soufflé, pulled bread, toast, or whole wheat bread. Orange juice early in the morning and in the middle of the afternoon—in fact the patient can take the juice of six oranges a day to advantage.

Cinnamon or ginger tea, as well as ginger ale, frequently allay the desire for stimulants; this is also true of lemon and tamarind whey, mulled buttermilk, and koumys.

THE INSANE

Insane patients who have been illy-nourished must be liberally fed. The first effort should be to increase the weight of the body. Cream, olive oil, broiled bacon, plenty of butter on the bread, are of primary importance. All foods should be concentrated.

Three hard-boiled yolks grated over a dish of milk toast, eggs and milk, purée of beans, peas and lentils, mutton broth and milk soups rather than meat, should be depended upon. If necessary resort to two-hour feedings of milk and barley water, milk and egg, giving two quarts of milk and six eggs a day. Where the patient refuses to eat and must be fed by forced feeding, adhere to milk and eggs, or milk and white of eggs, then milk and yolk of egg.

When "softening" or "hardening" of the brain occurs accompanied by an increase in weight, give a simple non-stimulating vegetable diet. Weak tea, coffee or chocolate can be given once a day. Avoid red meats.

MAY EAT

Eggs
Milk
Broth
Vegetable broths
Nut broths
Nut milk, nut cream
Cream soups
Hard-boiled eggs on milk toast
Hard dry breads
Plenty of butter
Cream
Olive oil
Broiled bacon
Cocoanut cream on vegetables
Purée of old peas, beans and lentils
Fresh fruits and fruit juices
Koumys
Buttermilk
All sour milk preparations
Peptonized milks, if necessary
Cup custard, floating island
Fruit tapioca
Mock charlotte
Soufflé puddings
Lamb, chicken

AVOID

All bulk foods
Underground vegetables
Cooked fruits
Sweets, pies, cake
Soft white bread
Hot breads
Mashed potatoes
Highly-seasoned and stimulating foods
Heavy puddings
Fried foods, pork, veal
Pink-fleshed fish
Shell fish and crustacea
Red meats

CANCER

I feel in writing diet for this disease a fullness of experience, as I have had charge in my own family of several persons with this malady. One thing is certain—all dishes made from cornmeal or from tomatoes are, as a rule, objectionable. A purely vegetable diet, with such foods as eggs and milk, seems to be indicated. Light fatty foods are good—cream, butter, olive oil and cocoanut fats are to be preferred. Fruit juices may be used in early morning. Strong tea and coffee, as well as chocolate, must be avoided. Weak tea, with cream and no sugar, is not objectionable in the middle of the afternoon. Hard, crisp bread, pulled bread, crackers, Virginia biscuits, and Uneedas are preferable to soft bread made after the ordinary fashion.

Breakfasts—Four tablespoonfuls of Cream of Wheat or other cereal, with cream. Baked potato, daintily served with a little cream or butter. Bird's nest egg, with a piece of whole wheat bread and butter. Poached egg on toast. Milk toast. Toasted rusk with milk. Do not give eggs more than twice a week.

Dinners—Purée of potato; purée of lentils; soup à la Reine, or two ounces of finely-chopped white meat of chicken, with a baked potato. Two ounces of finely-minced lamb, with boiled rice. Two ounces of finely-minced white meat of chicken, with stewed macaroni. Two ounces of creamed sweetbreads, with rice and a few green peas. Cream of peanut, green pea or celery soup, with bread.

Suppers—Fruits, carefully cooked, as baked apples, stewed prunes, bread and butter. Tender green salad, with French dressing. Stewed prunes, with rice. Baked peach, with rice. Arrowroot gruel, with toast. Milk toast. Milk toast with hard-boiled yolk of egg grated over it, or cream soups.

Between breakfast and luncheon raw fruit or fruit juices may be used freely. Between dinner and supper, weak tea, with bread and butter, or cooked fruits and fruit

juices; or the top of a shredded wheat biscuit, toasted, with fruit juices. This diet must, of course, be continued as long as the patient lives. Keep up a variety of simple dishes. At one time let the potato be mashed plain, at another time made into "puff" and baked, plain or stuffed; or baked, mashed and made into roses, using a pastry bag and star tube; brown these in a quick oven and serve on a dainty plate. Lentils may be soaked over night, washed and boiled until tender, pressed through a colander, seasoned with butter and salt, and baked in an individual casserole. Old peas and beans may be served the same way.

In arranging the menus for a person with cancer, give white meat of chicken twice a week, lentils or nut foods twice a week, and the remaining days let the patient live strictly on fruits and cereals, or milk and toasts, or whole wheat bread and light green salads.

MAY EAT

Farina
Cream of Wheat
An occasional shredded wheat biscuit
Puffed rice
Boiled rice
Baked potato
Stewed macaroni
Spinach
Green peas, pressed through a sieve
Very young string beans
Boiled cucumber, with cream sauce
Boiled squash, with sauce Hollandaise
Cauliflower
Kohl-rabi, with cream sauce
Artichokes
Fruits cooked and raw
Junket once or twice a week
White meat of chicken
Eggs
Milk and milk preparations
Lentils in purée
Old or split peas in pudding or purée
Very tender celery
Hearts of lettuce; corn salad (*Valerianella olitoria*, Poll.); imported endive; native endive; chicory; all with French dressing
Desserts:
  Fruit tapiocas
  Tapioca with fruit juices
  Sago
  Rice pudding
  Cup custard
  Soft custard
  Mock charlotte
  Blancmange
Gelatin desserts:
  Vegetable gelatin desserts
  Any of the various nut preparations in small quantities

AVOID

Pork and veal
All red meats
Oatmeal
Cornmeal
Barley
Baked beans
All sea foods
All underground vegetables, except carrots and potatoes
All fried foods
All made dishes
Sweets
Strong tea, coffee, chocolate
Tomatoes

EXOPHTHALMIC GOITER

Milk and milk foods are to be preferred, if they agree with the patient; if they do not, select such easily-digested foods as cream soups, with dry bread; sweetbreads, broiled, stewed, and creamed; now and then a piece of white meat of chicken, broiled or roasted; eggs, cooked in any light way, or raw with milk; light topground vegetables, carefully cooked and served without rich sauces; an occasional baked potato; boiled rice; unleavened bread, whole wheat bread, crisp corn bread; fruits, raw, and stewed without sugar; steamed figs and dates, all thoroughly masticated.

AVOID

All highly-seasoned foods
All rich meats and stimulating meat soups
Tea
Coffee
Pork
Veal
Duck
Goose
Beef
Pickles
Dishes containing sugar
Onions
Garlic
Chives
All coarse vegetables
Soft foods, as mushes
Cooked fats of every kind

LOCOMOTOR ATAXIA

This disease calls for a generous, simple, nutritious diet rich in fatty matter. Patients should drink two and a half quarts of plain cool, not iced, water each day. If ordinary water is objected to, buy some non-effervescing bottled water; a patient will frequently take a water that comes from a drug store, even if it has no special medicinal value, rather than drink water from an ordinary spigot. Digestion must be kept in good condition. Sometimes it becomes necessary to give small quantities of food, divided into four or five meals a day. The diet must be especially non-stimulating.

Before breakfast give the patient two or three ounces of orange juice, or an after-dinner cup of black coffee, or an after-dinner cup of grape juice, or half of a grape fruit.

MAY EAT

Breakfasts—Poached eggs on bacon; boiled eggs, with well-buttered bread; broiled bacon with whole wheat bread; wheat germ cereal, well cooked, with cream; farina and cream; Cream of Wheat, with cream; two broiled chops, with one corn gem; broiled young chicken, with pulled bread.

Dinners—Purée of lentils, baked potato and well-buttered bread, followed by cup custard; boiled, baked or broiled mutton or lamb; stewed chicken; plain omelets; omelets garnished with oysters, peas, or with tomato sauce; nut roll; beef cakes, broiled; baked potatoes; boiled rice; spaghetti stewed in stock; cucumbers or squash, stuffed with meat; young green peas; young tender lima beans; artichokes; very young carrots, spinach, cauliflower, cress, lettuce, tender celery; fresh fruits.

Suppers—Bread and milk; toasted rusk and milk; eggs and milk, with pulled bread; cream soups and bread; broth with rice or barley; cereals; milk toast; milk preparations; buttermilk, brown bread; leban, a little honey and toast.

EPILEPSY

It is generally conceded by all physicians and dietitians that diet plays a most important part in the alleviation and cure of this disease. It has been observed that epileptic attacks in childhood almost invariably follow a heavy meal of indigestible or over-stimulating highly-seasoned foods. A purely vegetable diet will frequently cure epilepsy. Substitute milk, carefully-made nut dishes, old peas, beans and lentils, for meats. All leguminous seeds are rich in nitrogen, but must be carefully cooked to be digestible.

In feeding an epileptic, first consider the digestibility of the food, next the correct amount for the individual. There must be just enough to nourish the body, but not an ounce too much. Overfeeding will nearly always produce an attack. There must be no eating between meals. If light meat, as white meat of chicken or lamb, is served at a meal, that meal must be free from milk; and this diet must be continued or kept up perhaps during the individual's life.

MAY EAT

Broiled, baked or roasted lamb
Chicken
Broiled white-fleshed fish
Hard-boiled yolk of egg on milk toast
Milk and milk preparations
Dishes made from old peas, beans and lentils
Baked and boiled potatoes
Boiled rice
Macaroni or spaghetti
Boiled chestnuts in season
New green peas
New green corn, pressed from cob
Stewed squash
Stewed pumpkin
Spinach
Cauliflower
Celery
Grated carrots, cooked in water, cream and salt added, as a purée
Lettuce
Cress
Endive
Fresh fruits, with the exception of pears and cantaloupes
Prunes, prune dishes
Well-cooked cereals
Tapioca and fruit
Tapioca custards
Whole wheat bread
Stale bread
Crackers
Wafers
Toast, milk toast
Toasted rusks and milk
Mush bread
Corn bread occasionally

These dishes may be arranged after this fashion: oatmeal mush and milk for breakfast; a piece of whole wheat bread, well buttered. Dinner: a little roasted or boiled lamb or mutton, carefully-cooked spinach, a baked potato, followed by fruit tapioca, rice pudding, or some dessert without milk or eggs. Supper: milk toast, fresh fruits, with bread and butter, or mush and milk, or bread and milk, and now and then a broiled or panned tomato with cream sauce and a bit of corn bread. Meat must never be given more than two or three times a week. As fish comes in fresh on Thursday for Friday, a piece of broiled fish on Friday gives variety.

ERYSIPELAS

The intense inflammation of the skin in this disease indicates a diet free from the proteids of meat.

The writer has had success with a simple diet of milk gruels, infants' foods, with eggs, milk, nut milks, milk and vichy water. This diet changes, when the patient is convalescing, to carefully-cooked farina, Cream of Wheat, well-baked whole wheat bread, milk toast, egg toast, coddled eggs, cup custards, junket, koumys, leban, matzoon; followed later by a broiled chop, a broiled chicken, baked potato, carefully-boiled rice, whole wheat bread, fruits, spinach, cress or lettuce. Do not allow the patient to return too quickly to a meat diet; he must also avoid all fried foods, coarse vegetables, pies, puddings, rich sauces, liquors, both malt and alcoholic, strong coffee, tea and chocolate, and meat soups, in fact all soups at the beginning of meals; fruits stewed with sugar, cookies, cakes, candies, and pickles.

INSOMNIA

A heavy meal at night, a cup of strong tea or chocolate, are frequently responsible for a sleepless night.

If sleeplessness has become a habit, put the patient on a regular, easily-digested diet, and give rest until the conditions are relieved. Give a glass of hot water the first thing in the morning; breakfast in bed, composed of cereal with cream or milk, and rest for an hour if possible. After the bath, give a glass of buttermilk, or zoolak, or plain milk. For dinner at noon, give boiled, baked or broiled beef, mutton or chicken, a baked potato or rice, one green vegetable, simply cooked, as spinach, cauliflower, asparagus or tender celery; a lettuce or endive salad with French dressing; no dessert. Supper at six; milk toast, Cream of Wheat, gluten mush and milk, well-made cornmeal mush, egg dishes and a little bread only. If the patient is anæmic, or what people call "run down," give two raw eggs between breakfast and dinner, or one egg beaten with a half pint of milk, and another between dinner and supper. If eggs and milk become tiresome, give buttermilk, koumys, zoolak, junket or any of the milk gruels. Give a cup of hot milk at bedtime.

ADDISON'S DISEASE

In the early stages of the disease there is always a decided weakness of the entire digestive system. As the disease advances, vomiting frequently becomes rather dangerous, and requires first attention. Clam broth, made from fresh clams, given in teaspoonful doses, will almost always allay the vomiting; it seems to be able to draw the digestive secretions into the stomach more readily than other foods. If the vomiting stops, give the patient a small amount of predigested milk, or milk and barley water. It is wise to use a straw or glass tube for feeding or give it by teaspoonfuls. Well-flavored mutton tea and mutton broth, egg soups, egg flip, are frequently easily borne. The patient should be fed every two hours, but should not be urged to take more than is agreeable. Overfeeding in this disease is always productive of bad results.

The following list may be arranged in two-hour feedings

Milk and rice water, in proportions of two-thirds milk and one-third rice water
Milk and arrowroot water gruel
Milk and barley water
Almond milk
Egg flip
Milk shake
Yolk of egg and milk
Milk flavored with cinnamon
Oatmeal gruel added to milk
Tiger's milk
Wine whey
Strained mutton broth
Beef broth strained into a tablespoonful of mashed baked potato
Rennet milk
Junket
Leban
Matzoon
Koumys
Modified milk
"Ye perfect food"
Soup à la Royal
Bartholow's restorative soup
Eggnog
Peptonized milk

Then follow with cream soups, with croûtons, or a scraped beef cake, or a tender broiled chop; and go gradually on to an easily-digested, normal diet, free from sweets, sours, or grease.

DIET AFTER AN ANESTHETIC

If vomiting occurs after administration of ether or chloroform, do not give food for several hours. A tablespoonful of clam broth, given in teaspoonful doses, will probably be retained and give a foundation for a little food later on. A few tablespoonfuls of coffee, in teaspoonful doses, is frequently beneficial. Then give a cup of chicken broth; almond milk; milk and barley water; alternating with Meiggs' food or modified milk, for the next two or three days. Then, under ordinary circumstances, the patient may have milk toast, a poached egg, a beef cake, or broiled chop. If vomiting continues, however, stop all foods except small quantities of albumin water, modified milk and clam broth. The patient usually has enough irregularities to contend with without added indigestion.

PART II

RECIPES

PROPRIETARY FOODS

Under this heading the writer has placed prepared foods that are manufactured, the secret of which is supposed to be patented. Some of them contain a large amount of nourishment in small bulk. Some are preparations of beef, others the casein of milk, gluten, and easily-digested forms of starch. Whether or not these foods are beneficial will be decided by your physician or nurse.

All the foods mentioned under this heading, or in the book, have been used by the writer, and can be depended upon as correct.

The Kellogg Food Company, of Battle Creek, Michigan, make an eighty percent gluten biscuit and gluten flour, both of which have but a trace of starch and are perfectly safe to use in diabetic feeding.

Their sterilized wheat bran is clean and ready to use for the diabetic bran loaf, or to add to ordinary whole wheat or white flour for laxative bread. This same company also makes Granola, Granose Flakes, Whole Wheat, Toasted Corn and Rye Flakes, Gelose, a vegetable gelatin, Nut Mixtures, Almond Meal, Cocoanut Sticks and some pure starch preparations. The writer has used these preparations for a number of years, and found them satisfactory, well prepared and clean.

Maltose, a predigested food, represents thoroughly-digested starch of cereals. It may be used in the place of cornstarch or rice flour. The flavor is agreeable, and it is considered a fat-forming food par excellence, and in gastric or other stomach trouble, with milk, it gives a well-prepared and palatable diet.

Gluten Flour—Gluten flour and similar products sold under the name of "diabetic foods," are frequently rich in starch, the very substance we are trying to get rid of in diabetic feeding. Some gluten flours sold in the markets

of the United States, advertised as "pure gluten," contain as much as forty percent. starch, and not more than thirty-five percent. protein. They are really poor ordinary bread flours.

Quoting from an article in the Journal of the American Medical Association, March 22, 1913, will show how the medical profession feel towards these preparations:

"Gluten flours are, as a rule, prescribed only for diabetics to whom the starch content is of the utmost importance. A physician tells his patient to use a gluten flour not because that product is rich in protein but because it is (supposedly) poor in carbohydrates. The great majority of so-called gluten flours and gluten foods sold in this country contain dangerously high percentages of carbohydrates, and the manufacturers do their best to keep both physician and patient in ignorance of this fact. In the case of gluten flours of legal standard, the protein content is emphasized and made the main selling point. The subject of starch content is studiously avoided, and it becomes necessary to write letters to the manufacturers specifically asking for the carbohydrate content of their products, which may then be grudgingly, and not always truthfully, given."

Again, Doctor Janeway writes: "From my experience, I say without hesitation, that 'gluten bread' is the diabetic's worst enemy. Taught by the dealer, or worse yet, by the physician, not only that it is safe for him to eat, but sometimes even that it is actually a cure for the disease, he eats it in large quantities * * *."

Henry Heide, New York, makes an almond paste, 12.7 percent. protein, 47.7 percent. nitrogen free extract and *fibre,* 20.0 fat, ether extract, and only a trace of starch. It can be purchased in one and five pound tins at any first-class grocery. Recipes for the use of almond paste will be found in Part Second of this book.

Aleuronat—Aleuronat is the gluten flour made from the aleuron layer of the wheat kernel. According to recent analysis, it is starch free, and contains eighty percent. of digestible proteids. It is made in Germany, sold by Lehn & Fink, wholesale druggists, New York. Recipes for the use of aleuronat will be found in Part Second.

Aleuronat zweiback, R. Hundhausen and Hamm, contains sixty-six percent. protein matter, and not a trace of starch. Even their "low gluten zweiback" does not contain starch.

The American Dehydrating Company, Waukesha, Wisconsin, dehydrates certain fruits and vegetables, which makes them entirely different from ordinary dried fruits. In out-of-town places, and the far West, these are most valuable in diet for the sick. The fruits and vegetables are dried so rapidly that the cell structures are not destroyed. When soaked in water and carefully cooked, they have the flavor of fresh fruits and vegetables, which makes them far more appetizing than the ordinary dried fruits purchased in the market. An excellent point is that these goods are put into small tin cans in the room in which they are dehydrated. Dirt and air cannot penetrate, and they are absolutely clean.

Akoll Biscuits, Huntley & Palmer, London, contain, according to recent analysis, fifty-four percent. protein and not a trace of starch. It seems to me, with these various preparations that are easily obtained in our market, the question of bread for the diabetic patient is settled.

Roman Meal—Made by the Roman Meal Company, Duluth, Minnesota, is an excellent cure for chronic constipation. Use ordinary recipes for muffins, gems, bannocks, substituting Roman meal for one-half the quantity of flour.

Saccharin—I mention saccharin simply to condemn it. If diabetic patients cannot give up sugar and starch, they alone are responsible for the consequences. The nurse and physician should fix in the mind of the patient that his

life depends on a restricted diet, and that a cure needs his coöperation. Saccharin, even in small quantities, has in my hands, sooner or later, provoked digestive troubles, and these troubles have caused as much anxiety as the first disease. Sugar has a high food value; saccharin has no food value. It in no way takes the place of sugar, nor is it condensed sugar.

Roborat—A vegetable protein manufactured from hard corn, hard wheat and unpolished rice. It makes a fine tasteless flour that is easily soluble in cold water. This is used in cases of rheumatism, gout and Bright's disease. It does not, in the process of digestion, increase the excretion of uric acids.

Somatose is a predigested meat; it is highly nutritious and is usually well borne in gastric disturbances.

Beef Meal is meat partly digested by a ferment obtained from the pineapple (*bromelin*). According to the analysis of Chittenden, it contains seventy-seven percent. of protein, thirteen of fat. The proteins are chiefly in the form of albumoses and peptones. The preparation is usually added to hot milk, or beef tea, or water, or in some cases, to cocoa. I find it acceptable to most patients when added to broth. To milk and cocoa it is frequently objectionable.

Dried Nuttrose—A prepared casein of milk, sold in the ordinary drug shops.

Soy Flour—The Health Food Company, of New York, make a soy flour that contains but a trace of starch. It may be made into mush or gems for diabetic patients. Recipes for its use will be found in Part Second of this book.

Dried Egg Albumin may be purchased at any drug store, but it is easily made at home. Put the whites of three or four eggs on a meat plate, in front of an open oven door. Watch carefully, and as soon as the water evaporates, take the crisp albumin from the plate, make sure it is perfectly dry, and put it into jars or bottles to keep.

This has high food value, and may be added, just as it is, to beef tea, or chicken broth, or to milk or whey, about a level tablespoonful to a pint.

Fairchild Brothers and Foster, of New York, make several excellent predigested foods, and material for the peptonizing process. Recipes and directions for their use will be found in Part Second of this book.

Eskay's Food, made by the Smith, Kline and French Company, of Philadelphia, is an admirable food for young children and invalids.

We have a large number of other proprietary foods intended as substitutes for milk for infants and invalids, which are out of the province of this book. Under Infant Feeding we have given foods with which we have been successful. If other foods are used, the responsibility must be taken by a physician. Many of the so-called infant foods are very unlike mothers' milk; they contain too little fat and a large percentage of *carbohydrates;* and I am sufficiently old-fashioned to believe that the test tube analysis is not always a perfect and final guide to either a correct diet or the quantity to be given at a feeding. The digestive tract in different individuals varies so greatly that the digestibility and adaptability of food for each infant is an all-important question.

MEASUREMENTS

A measuring cup holds a half pint, and can be purchased at any housefurnishing store for ten cents. It is the standard measure for all recipes in this and other United States cook books.

All measurements in this book are level.

One cupful=a half pint
One gill (half a cupful)=a quarter of a pint
One level tablespoonful of flour=a quarter of an ounce
One level tablespoonful of sugar=a half ounce
One level tablespoonful of butter=a half ounce
One tablespoonful of ordinary liquids=a half ounce
One saltspoonful=a quarter of a teaspoonful
One teaspoonful=a quarter of a tablespoonful
Two teaspoonfuls=one dessertspoonful
One dessertspoonful=a half tablespoonful
One teaspoonful=a fluid dram
Sixteen ounces avoirdupois or commercial weight=one pound

DIGESTIBILITY OF FOODS

Articles of Diet	How Cooked	Time of Chymification H.M.
Pigs' Feet (soused)	Boiled	1 00
Sweetbreads	Stewed or Broiled	1 00
Tripe	Boiled	1 00
Rice	Boiled—plain	1 00
Eggs, whole	Raw	2 00
Eggs (whipped)	Raw	1 30
Eggs	Coddled	1 30
Rice	Boiled with milk	1 30
Salmon Trout	Boiled	1 30
Venison Steak	Broiled	1 30
Brains	Boiled	1 45
Ox Liver	Broiled	2 00
Cod fish (cured dry)	Boiled	2 15
Turkey	Boiled	2 25
Gelatin	Boiled	2 30

DIGESTIBILITY OF FOODS—Continued

Articles of Diet	How Cooked	Time of Chymification H.M.
Goose	Roasted	2 30
Pig (sucking)	Roasted	2 30
Lamb	Broiled	2 30
Cabbage	Raw	2 30
Chicken	Fricasseed	2 45
Beef	Boiled	2 45
Beef	Roasted	3 00
Bacon	Broiled	3 00
Mutton	Boiled	3 00
Corn Bread	Baked	3 15
Mutton	Roasted	3 15
Sausage	Broiled	3 20
Oysters	Stewed	3 20
Irish Potatoes	Boiled	3 30
Cheese	Raw	3 30
Turnips	Boiled	3 30
Eggs	Hard Boiled	3 30
Eggs	Fried	3 30
Beets	Boiled	3 45
Fowls	Boiled	3 45
Salmon (salted)	Broiled	4 00
Beef	Fried	4 00
Fowls	Roasted	4 00
Ducks	Roasted	4 00
Veal	Boiled	4 00
Veal	Roasted	4 30
Cabbage	Boiled	4 30
Pork	Roasted	5 15
Tendon	Boiled	5 30

METHODS OF COOKERY

ROASTING—Roasting means to expose one side of an article to an intense heat, and the other to the air. Our grandmothers roasted beef on a spit, which turned constantly before a hot fire. In these days we call baking "roasting;" the two, however, are widely different.

BROILING—Broiling is precisely the same as roasting. One side is exposed to the fire, the other to the air. This produces a sweet flavor not attainable in an oven.

BAKING—This is a common method of cooking in the oven. Meat, potatoes, apples, pies, breads, cakes, are all baked.

For meats, the oven must at first be very hot, to coagulate the juices on the outside, and to prevent the escape of those within. The first half hour the heat must be extreme, then cool and cook at a lower temperature, fifteen minutes to each pound, basting every ten minutes with the fat in the pan. Do not add water.

BOILING—To boil an article, it must be immersed in boiling water.

Green vegetables should be put over the fire in boiling salted water.

Underground vegetables and rice should be boiled in unsalted water, and salted after they are cooked.

To boil meat, plunge it in a kettle of boiling water, boil twenty minutes, until the juices are coagulated on the outside, cool the water to 180° Fahr. and continue the cooking, fifteen minutes to each pound of meat; ten minutes, if the piece is small. Add salt when the meat is partly done. Boiled meats are more easily digested than meats baked or roasted, but are not so tasty, as they lack the scorched taste created by the intense heat. Meat, if properly boiled, will be rare and juicy.

STEWING—This name is given to dishes composed of small pieces of meat cooked or steeped in a rich sauce

until tender. The pieces are usually browned in fat, which makes them less digestible than broiled or boiled meats. Stews really have very little place in diet for the sick.

WARMING OVER—The second cooking of meats toughens the *fibre* and hardens the albumin, which makes them rather difficult of digestion.

Hash, as usually made and served, is an abomination. Even a healthy person, with good digestion, will carry his breakfast hash, undigested, until nearly noonday. Some meats, however, must be cooked before they are finally dressed. Sweetbreads and tripe must be well cooked and put aside, and dressed at serving time. They are not classed with warmed-over meats. Boudins, cooked over hot water, can be taken, as a rule, by invalids, children or the aged.

FRYING—Immersing in hot fat—has no place in diet for the sick.

SAUTEING—This, like frying, is one of the most objectionable ways of preparing food, and has no place in diet for the sick.

PLANKING—This is broiling on a plank. Fish, steak, chickens, may be planked to give variety, and if the plank is nicely garnished, they are the most sightly of the meat dishes.

STEAMING—To steam an article, put it in a steamer, stand it over hot water and keep the water boiling continuously until the article is cooked. Potatoes, rice, cabbage, may all be steamed, and are frequently better than when boiled.

PAPER BAG COOKERY—This is simply baking in a sealed bag; in this way all the juices and flavorings are retained, and the articles cooked are more tasty. Fish, chickens, sweetbreads, steak, are excellent when cooked in a bag. Prunes and fresh fruits cooked in a bag retain their flavor and color.

BRAIZING—This is cooking in a double pan. Tough meats are put in the under pan, hot water added, then covered with the upper pan or lid, and cooked in the oven until tender. A sort of cross between a boil and a bake.

CODDLING—Coddling means to cook in boiling water until the food is partly done. Coddled eggs are eggs cooked in water below the boiling point; the white is congealed, but not hard. Coddled apples are soft, but not soft enough to fall apart.

SOUPS

The first and most important point in making good soup is to use the best of materials.

To give meat soup the slightest food value, we must change the solid meat into liquid form. To do this, the *fibre* must be softened, the juices and blood drawn out, and the gelatin which exists in the bone, cartilage, membranes and skin, and the mineral matter, dissolved. Cold, soft water should be used. Soft water is best because it softens the *fibre,* which allows the juice to escape more easily. The albumin coagulates at a low temperature, which makes it necessary to cook the soup far below the boiling point.

The second point, the utensils, is also of importance. The juices of meat are acid, and if soup is made in a tin or iron kettle, it will have a peculiar, unpleasant flavor, which is sure to be detected by the sick, as their taste is always acute. Use an ordinary porcelain lined or granite kettle, with a close-fitting lid, and for straining, a granite colander or a French purée sieve. For the last straining, use two thicknesses of cheese cloth.

To prevent too great evaporation, and to keep out the odors of other cooking in the kitchen, keep the kettle covered from the beginning to the end of the cooking.

As the water reaches 200° Fahr. you will notice a fine, fibrous net throughout the liquid; in a moment it comes to the surface. This is the albumin, drawn out by the cold

water now coagulating under the influence of the heat. As it comes to the surface, it brings with it any floating particles that may be in the water, which clarifies or clears the soup. Skim this off, and reduce the heat of the water to 180° Fahr.

Rapid boiling clouds soup.

Cooking at too low a temperature spoils the flavor.

Meat soups contain a very small amount of nourishment.

A perfectly clear soup is not nutritious; it contains only the soluble mineral matter of the meat and the flavoring. The albumin you have strained out, and the *fibre* has not been dissolved. Beef tea, beef essence and beef soups are, however, valuable adjuncts to diet for the sick; they give flavor to other materials, and are stimulating.

Soups are divided into three classes: perfectly clear, stimulating soups, with but a trace of nourishment; clear soups that have farinaceous substances added, moderately nourishing; and nutritious soups, made from milk, meat stock and vegetables, or from milk and vegetable substances alone.

For clear beef soup and broth, a portion of the shin is to be preferred; for beef tea, beef extract, the sticking piece is first choice; the lean round or rump second. Meat for soup or beef tea should be as free from fat as possible; for broth, beef may be used alone or in combination with mutton, veal or chicken.

A true consommé, the most expensive of clear soups, should be made from veal and beef, and to give it an especial flavor for the sick, add the carcase of a roasted chicken.

Prolonged soaking in cold water will draw out the juices and flavoring quite equal to long cooking.

STOCK

Purchase a shin of beef, have it sawed into four lengths, remove the meat from the bone, put the bones into the bottom of the kettle, the meat on top, cover with four

quarts of cold water, bring slowly to boiling point and skim. Push the kettle to the back of the stove, or put it over the simmering burner, to cook for three hours. Add one onion with six cloves stuck in it, one bay leaf, a half teaspoonful of crushed celery seed or a few celery tops, a carrot cut into pieces, a tablespoonful of salt and a dash of Tabasco sauce. Cook slowly one hour longer, and strain through a colander; stand aside in a cold place. In the morning remove every particle of fat from the surface. The stock should now form a perfectly clear, solid jelly; reheat the jelly, add two whites of eggs, slightly beaten, and a tablespoonful of lemon juice. Bring to boiling point, boil rapidly five minutes and strain through two thicknesses of cheesecloth wrung from cold water. Stand aside in a cold place, and use as wanted.

This may be served perfectly clear, as it is, cold or hot; or nutritious materials may be added.

SOUP à la ROYAL

One Serving

Beat one egg, without separating, until well mixed; add a tablespoonful of clear stock, pour into a cup, stand the cup in a pan of boiling water and cook until the custard is "set." Turn it out of the cup, cut it into dice, put them in the soup plate or bouillon cup, fill the cup or plate with hot clear soup, and serve at once.

CLEAR SOUP WITH BREAD BLOCKS

One Serving

Cut a slice of bread into dice, put them in the oven to dry, without browning. Beat an egg, without separating, add the bread dice, and stir until each piece is thoroughly covered with egg. Heat one cupful of clear stock, add the bread blocks, boil a half minute and serve.

PORTUGUESE SOUP

One Serving

Soak six prunes in a half cupful of cold water over night; in the morning add half a pint of stock, salt and pepper; bring to boiling point and push to the back of the stove where the soup will be hot, but not boil, for at least a half hour. Press through a sieve and serve with long fingers of toasted bread.

BEEF TEA

1 pound of chopped lean beef
1 pint of water
1 bay leaf
1 whole clove
½ teaspoonful of salt

Put the meat through a meat grinder, add all the other ingredients, and stand in a cold place for at least two hours, stirring now and then. Bring to boiling point, simmer gently thirty minutes, and strain through a fine sieve. Press the beef well. When cold, remove every particle of fat.

QUICK BEEF TEA

Chop or grind one pound of lean beef, sticking piece preferred; add one pint of water and stir constantly for fifteen minutes. Stand it over a very quick fire, bring to boiling point and simmer gently a half hour. Strain through a fine sieve, pressing the meat quite dry. Add a half teaspoonful of salt. Draw a piece of blotting paper over the top of the tea, and reheat the quantity to be served.

This may be flavored with port wine.

SAVORY BEEF TEA

Two Servings

½ pound of round steak
A saltspoonful of celery seed
½ teaspoonful of salt
1 pint of water

Broil the meat quickly over a very hot fire, scorching, as it were, the outside; do this quickly so as to have the

meat very rare. Cut it into tiny pieces, saving all the juice; put it in a saucepan with the cold water, bring to a boil and skim; add the celery seed and salt, and simmer gently one hour. Strain, remove the fat, and it is ready to use.

NUTRITIVE BEEF TEA

Grind or chop fine one pound of lean beef, either the round or the sticking piece; add one pint of water and stir continually for five minutes; add a saltspoonful of crushed celery seed and one bay leaf; cover and stand it in the refrigerator or in a very cold place, over night if possible; if not, two or three hours. Stand it on the fire, put in a thermometer and stir the mixture until it reaches 140° Fahr. Strain through a coarse sieve, pressing the meat until it is dry. Return the "tea" to the saucepan, add the white of an egg, slightly beaten with a tablespoonful of water; heat to 130° Fahr. (just an instant), until the white of the egg comes to the surface, and strain through two thicknesses of cheese cloth wrung from cold water.

If properly made, this will be a brilliant claret color, and will contain quite a considerable amount of nourishment. Great care must be taken after adding the white of egg not to heat the mixture over 130° Fahr. or it will be muddy and unsightly.

STIMULATING BEEF TEA

Four Servings

Cover two pounds of chopped lean meat with a pint of cold water, stirring constantly for five minutes; soak for a half hour; bring to boiling point, boil rapidly five minutes and strain. Add the beaten white of an egg, boil again and strain through two thicknesses of cheesecloth, put at once into a glass jar and stand in a cold place. One or two tablespoonfuls of this will frequently allay vomiting; it is quite stimulating, and may be used in place of either coffee or spirits. A little celery seed, a bay leaf, a clove or a

blade of mace may be added at different times to change the general beef flavor, which is frequently unpleasant to the sick. By alternating these four flavors, you may surprise the patient with a new flavor each day; for instance, one day, add a clove alone; another, the bay leaf; another, the blade of mace; another, the celery seed; then add two flavorings, at another time three, each time changing the combination.

RESTORATIVE BEEF TEA

Three Servings

½ pound of lean beef, chopped fine
6 ounces of water
3 drops of muriatic acid
A saltspoonful of salt

Mix all the ingredients and stir them continuously for five minutes; stand in the refrigerator for one hour and strain through a very fine sieve, pressing all the juice from the meat. Put this at once in a cold place.

If it is to be given warm, heat over hot water to 130° Fahr. If the raw odor and taste of the "tea" is objectionable add a saltspoonful of crushed celery seed before straining. The odor of celery is usually agreeable.

BAKED BEEF TEA

Three Servings

Put one pound of ground lean beef, a half teaspoonful of salt, one and a half pints of cold water, and one tablespoonful of washed rice, into a covered dish; stand the dish in a moderately quick oven and bake for an hour. Reduce the heat and continue the baking for three hours; strain and press. There should be one pint of beef tea after it is strained.

This is valuable where a restricted diet is long continued, and the flavor of ordinary beef tea or soup grows distasteful.

BEEF ESSENCE

Put a half pound of finely-chopped lean beef in an ordinary, clean fruit jar; add a half teaspoonful of salt, stand the jar in a saucepan of cold water or in a steamer, bring the water to boiling point and boil continuously for one hour. Strain through cheesecloth and add a grain of salt.

At feeding time, put a tablespoonful or more, as directed, in a cup, stand the cup in boiling water until it is palatably hot. Serve cold in typhoid fever.

HOMEMADE BEEF EXTRACT

Cut one pound of lean beef (sticking piece preferred) into very small pieces, throw them into a shallow hot pan and shake over the fire until they are thoroughly seared; then put them through the meat grinder. Put this in a fruit jar, add a half pint of cold water, a saltspoonful of salt, a saltspoonful of crushed celery seed and a dash of black pepper; add two drops of dilute muriatic acid. Cover the jar, stand it in a saucepan of cold water, cover the saucepan, bring to a boil and boil continuously for two hours. Strain, pressing the meat very dry. Put the extract aside in a bottle or jar in a cold place. Use one or two tablespoonfuls in a cup of boiling water.

BARTHOLOW'S RESTORATIVE SOUP FOR INVALIDS

"Grind one pound of lean beef, add eight fluid ounces of soft or distilled water, five drops of pure hydrochloric acid and thirty grains of common salt; stir constantly for five minutes and stand aside for three hours. Then throw this on a sieve and let it run through with slight pressure; on the flesh residue in the sieve pour two ounces of distilled water and let it run through, pressing the meat. There should be obtained from this operation ten fluid ounces of

cold juice of a red color. A wineglassful, or one gill, should be used at a feeding.

It must not be warmed, at least not to a greater degree than 120° Fahr. Since this liquid contains a considerable amount of albumin, it is rendered muddy by heat or alcohol.

This is valuable in cases of continued fever or dysentery, and in all diseases attended with great prostration and weakness of the digestive organs.

Do not give it to persons who have too free secretion of gastric juice."

BARTHOLOW'S FOOD

One Serving

"2 ounces of beef tea
The yolk of one egg
1 level tablespoonful of granulated tapioca
2 ounces of milk

Soak the tapioca in the milk in a cold place over night, or for several hours; next morning cook in a double boiler until the tapioca is transparent and add the beef tea. Pour while hot over the yolk of an egg, add a saltspoonful of salt, and if you like, a little celery seed or celery salt.

This is exceedingly nutritious and very palatable. It should be about the consistency of well-cooked farina."

BEEF JUICE

Broil a half pound of round steak, searing it quickly on both sides. The steak should be one inch thick, and the broiling about five minutes. Put it on a hot plate, cut it into bits, and with a lemon squeezer, squeeze out all the juice into a cup that has been heated over hot water; add a grain of salt and serve at once.

If this is to be kept warm, stand the cup in a pan of warm water; be careful, however, not to coagulate the juice.

BEEF PANADA

Three Servings

1 pound of lean beef chopped fine
12 ounces of water
½ teaspoonful of salt
A saltspoonful of celery seed
1 slice of onion
1 bay leaf

Mix the water and beef, and soak for two hours in a cold place; then add all the seasoning, stand the saucepan in another of boiling water and boil continuously for two hours. Strain in coarse sieve, rubbing through as much of the meat as possible. Serve hot with toasted bread. Six ounces of this furnish a full meat meal.

BEEF BROTH

Four Servings

Purchase a half pound of well-cracked bones and a pound of lean beef. Chop the beef, or cut it fine, sear it well in a hot kettle, add the bones and one and a half quarts of cold water; bring to boiling point and skim; add two tablespoonfuls of rice, and simmer gently two hours; add one bay leaf and a half teaspoonful of celery salt; simmer gently a half hour longer, and strain.

BEEF BROTH WITH BARLEY

Four Servings

Proceed as directed for beef broth. As soon as the mixture reaches the boiling point and you have thoroughly skimmed it, add two tablespoonfuls of pearled barley; strain this out at serving time.

BEEF BROTH WITH SAGO

Make the beef broth as directed in the first recipe; strain it; when it is cold, remove every particle of fat. If the quantity for a single feeding is to be four ounces, allow a level teaspoonful of sago. Soak the sago in the cold soup for a half hour, bring it slowly to boiling point, and cook until the sago is transparent; add salt and serve.

It must be remembered that all finely-divided starchy foods are not easily masticated and are more or less objectionable. Thoroughly cook the sago, and instruct the patient to masticate it. In fever cases, it is wise to strain all the particles of starchy foods from both milk and broth.

BOUILLON

1 pound of lean meat
1 pint of water
The white of one egg
1 teaspoonful of sugar
½ teaspoonful of salt
1 bay leaf
1 whole clove
A saltspoonful of celery seed

Put the sugar into a saucepan and stand it over a strong fire until it burns, then add the water and the meat; stir until they are well mixed, add the seasonings, simmer gently for one hour, and strain. Beat the white of the egg slightly, add a teaspoonful of lemon juice, add this to the bouillon, boil rapidly five minutes and strain through two thicknesses of cheesecloth.

This is appetizing, clear, brilliant and slightly stimulating, but is not nutritious.

DOUBLE BOUILLON

In cases of fever where stimulants of other kinds cannot be given, double bouillon is exceedingly valuable.

Cover two pounds of lean meat, finely chopped, with one pint of cold water, stir it constantly for five minutes and stand it aside to soak for two hours. Put it in a double boiler, and allow the water surrounding the boiler to boil continuously for three hours; then strain, pressing the meat. Use in small quantities, from one to two ounces at a feeding.

BOUILLON JELLY

Make bouillon according to the preceding recipe. After it has been clarified and is slightly cool, add a tablespoonful of granulated gelatin; soak for fifteen minutes; stir over the fire until the gelatin is dissolved and stand it aside for use. Serve cold as beef jelly.

BOUILLON à la COLBERT

Put one poached egg in the bottom of a bouillon cup, pour over nicely-seasoned hot bouillon and serve.

SEMI-SOLID BEEF

½ pound of lean beef
2 ounces of grated fresh pineapple
½ teaspoonful of salt
A saltspoonful of celery seed

Put the meat twice through a meat chopper; add the grated pineapple and stir constantly for five or ten minutes; this should be done in an earthen or china vessel. Stand the bowl in a pan of hot water and stir until the thermometer registers 103° Fahr. Keep it at this temperature for at least two hours, agitating every fifteen minutes. Add the salt and the celery seed, crushed, and press the contents through a fine sieve and heat to 200° Fahr. Chill quickly and keep in a cold place. To serve, put two tablespoonfuls of this mixture in a cup, and fill the cup with hot water.

BEEF GRUEL

Soak two tablespoonfuls of farina in one pint of beef tea in a cold place over night. Next morning bring to a boil, simmer gently thirty minutes, strain, season with salt, and it is ready to serve.

BEEF AND OATS

Three Servings

Moisten one level tablespoonful of finely-ground oats (groats) with two tablespoonfuls of cold water, add one pint of freshly-made beef tea, stir and boil ten minutes, strain through two thicknesses of cheesecloth and stand aside to cool.

DOUBLE SOUP

Cover one pound of chopped beef with one pint of cold water, stir until the meat is reduced to pulp, add one tablespoonful of granulated tapioca and stand the mixture in

a cold place for one hour. Then bring slowly to a boil, stirring every now and then; strain through cheesecloth. Reheat the soup and stir into it a half pound of freshly-ground raw beef; stir constantly until it reaches boiling point, add a few drops of lemon juice and strain through cheesecloth. In low fever cases one ounce of this soup is considered a feeding.

CONSOMMÉ

Put through a meat chopper one pound of veal and one pound of beef. Sprinkle over the bottom of a soup kettle a teaspoonful of sugar; when this burns and the bottom of the kettle is quite brown, add two tablespoonfuls of chopped onion, shake for a moment, then add the meat and stir over a very hot fire until the meat is slightly browned. Cover the kettle and push it to the back of the fire to steep for a half hour; then add a quart of cold water, bring to a boil and skim. Simmer gently two hours, add a bay leaf, a level teaspoonful of salt, and, if you have it, a little celery; simmer one hour longer, and strain. Beat the white of an egg with two tablespoonfuls of cold water, add it to the consommé, boil five minutes and strain through two thicknesses of cheesecloth that has been wrung from cold water, and stand the soup aside to cool. When cold, remove every particle of fat. This should be a brilliant amber in color, and of an exceedingly good flavor.

ITALIAN CONSOMMÉ

Chop fine two ounces of raw beef, two ounces of raw mutton, and the dark meat of one chicken; take the meat from the chicken bones, cut it with a knife until it is fine, then crack the bones, put all these in a small granite or porcelain saucepan, add a quart of cold water, bring to a boil and skim; simmer gently one and a half hours; then add one clove, a bay leaf and a little celery or celery seed; simmer a half hour longer, and strain; when cold, remove the fat.

This soup may be served as a clear soup; or for convalescing patients add carefully-boiled rice, a few croûtons, or a little well-cooked spaghetti.

MUTTON BROTH

Purchase a neck of mutton, wash it and cut it into small bits, put it in a granite saucepan with a quart and a pint of cold water and two tablespoonfuls of washed rice; bring to boiling point and skim; simmer gently for three hours and strain; when cold, remove the fat.

MUTTON BROTH WITH ZWEIBACK

Procure a neck of mutton, cut it into bits, put it in a kettle with two quarts of cold water; bring to boiling point and skim; add a half teaspoonful of salt, a tablespoonful of finely-chopped mint; simmer carefully for two and a half hours; then add one slice of zweiback, rolled; simmer gently thirty minutes longer, strain, and it is ready for use.

If one must use the soup as soon as it is made, remove the grease with blotting paper.

MUTTON TEA

Purchase a pound of lean mutton, from the leg, put it twice through the meat chopper, then put it in a porcelain or granite kettle, add a pint of cold water and a saltspoonful of celery seed; stir rapidly a few minutes and soak in a cool place for two hours. Then heat quickly to 180° Fahr. Strain and press; add the white of an egg slightly beaten, bring to boiling point and strain through two thicknesses of cheesecloth. When cold, remove every particle of fat.

MUTTON AND OATMEAL BROTH

Put a half pint of mutton broth in a saucepan and stir in a tablespoonful of rolled oats; cook in a double boiler for thirty minutes; strain, add two tablespoonfuls of cream, and a saltspoonful of salt.

MUTTON AND CORNMEAL BROTH

Wash two tablespoonfuls of yellow cornmeal through several cold waters; at the last washing allow the cornmeal to settle to the bottom of the bowl and pour off the water. Add the cornmeal to a half pint of mutton broth, cook in a double boiler for thirty minutes, add a saltspoonful of salt, four tablespoonfuls of cream, and serve.

This is exceedingly good for chronic constipation.

VEAL BROTH I

One small knuckle of veal, covered with a quart and a pint of cold water; bring to boiling point and skim, then cover and simmer gently two hours. Strain and stand aside until perfectly cold. Remove the fat. Heat the desired quantity and season with salt.

VEAL BROTH II

A small knuckle of veal, about 1½ pounds
A quart and a pint of cold water
A slice of bread, well toasted
2 tablespoonfuls of thick cream
½ teaspoonful of salt
A saltspoonful of celery seed

Crush the celery seed with the salt. Cover the knuckle with the cold water, bring to a boil and skim; add the salt mixture and the bread, and simmer gently for two hours. This should now be reduced one half. Strain and stand aside to cool. When cold this will form a perfectly clear jelly. At serving time reheat the required amount, add the cream and serve. This is nutritious and palatable.

VEAL BROTH WITH EGG

Make the veal broth according to preceding recipe. At serving time reheat the required amount and pour it, while hot, into the beaten yolk of one egg and add a tablespoonful of cream.

Where bread is allowed, serve with it pulled bread or toasted bread fingers.

BRAN BROTH

Wash a half cupful of good wheat bran through several waters, add it to one pint of veal broth, boil for twenty minutes, strain, add two tablespoonfuls of cream and a saltspoonful of salt. This makes two portions.

Chicken or mutton broth may be substituted for veal broth.

CHICKEN BROTH

For this purchase a fowl weighing three and a half pounds, not too fat; singe, draw it carefully, without breaking the intestines. Remember the appetite of a sick person is very capricious, and the slightest disagreeable odor or flavor will not only spoil the appetite for chicken broth, but will spoil the appetite for other dishes. After the chicken is carefully drawn, wash it quickly and wipe it. Be careful the oil bag is removed, as it also gives a disagreeable flavor. Remove the legs from the body of the chicken, and with a cleaver or large knife begin at the bottom of the leg and chop it quickly all the way up, cracking the bones thoroughly. Slash the meat on both sides, and put it with the back in the bottom of the soup kettle; add two quarts of cold water, bring to a boil and skim. Put the white meat—the two breasts, with the wings—on top, cover the kettle and continue simmering until the white meat is tender, then remove it and put it aside for soup à la Reine, chicken soufflé, or German chicken puff. Put into the kettle with the dark meat one bay leaf, one clove, a saltspoonful of crushed celery seed and a half teaspoonful of salt. Cover and simmer one hour longer, then strain and stand away to cool. Remove every particle of fat from the surface, and the broth is ready to use. This should make one quart, enough to last for two days. Keep covered in a cold place.

This may be served as chicken broth, plain, or some of the broth may be used with the white meat for soup à la Reine, or for chicken soup with rice.

SOUP à la REINE

½ pint of chicken broth
2 ounces of the white meat
1 tablespoonful of rice
1 gill of milk
½ teaspoonful of salt

Wash the rice thoroughly in cold water, cover it with boiling water, bring to boiling point, drain, and add the chicken broth. Grind the cooked white meat of chicken. When the rice is perfectly tender add the chicken and all the seasoning; when this has reached the boiling point add the milk, press through a fine sieve, and it is ready for use.

This is sufficient for two feedings.

COMBINATION BROTH

Mix a half pint of beef tea with a half pint of chicken broth, and stand them aside in a cold place. At feeding time reheat sufficient quantity, two or four ounces, add a palatable seasoning of salt and serve. If allowable, put a tablespoonful of whipped cream on top.

A SOUP CRECY

Grate two young carrots, cook them in a half pint of chicken broth in a double boiler for three quarters of an hour; add a palatable seasoning of salt, two tablespoonfuls of cream, and serve.

Excellent in cases of chronic constipation.

CHICKEN BROTH WITH GREEN PEAS

Press a half pint of cooked fresh green peas through a sieve; add to them a half pint of boiling chicken broth, a tablespoonful of finely-chopped mint and a palatable seasoning of salt; boil five minutes, strain through a sieve and it is ready for serving.

This will make two feedings.

OKRA SOUP

Cut three young okras into thin slices, put them in a pint of chicken broth, cover and cook thirty minutes; strain through a sieve, add a palatable seasoning of salt, and six good, fat oysters. Boil until the gills of the oysters are curled, and serve with toasted crackers.

This will make two feedings. The recipe is easily divided for one feeding.

CHICKEN EGG SOUP

Separate one egg, beat the yolk with a tablespoonful of cream, pour into it two thirds of a cupful of boiling chicken broth, stir in the well-beaten white of the egg, add a palatable seasoning of celery salt and serve at once.

CHESTNUT SOUP

Shell a half dozen small or three large chestnuts, remove the brown skin, put them into a half pint of chicken broth and simmer gently until they are tender. Press through a sieve, add four tablespoonfuls of milk, bring to a boil, add a palatable seasoning of salt and serve at once.

CARDINAL SOUP

Grate one small boiled beet into a half pint of chicken broth, bring to a boil, add a saltspoonful of salt, two tablespoonfuls of cream, and if admissible a dash of pepper.

This may be used in mild cases of diabetes.

PURÉE OF LENTILS

1 teaspoonful of lentil flour
2 ounces of milk
4 ounces of chicken broth
A saltspoonful of salt

Moisten the lentil flour with a little cold water, add it to the chicken broth, cook slowly in a double boiler until the mixture is thick and smooth—in about a half hour; add the milk and the seasoning, and serve.

Bean and pea flour may be used in the same way.

PURÉE OF RICE

2 tablespoonfuls of rice
½ pint of chicken broth
½ teaspoonful of salt
½ saltspoonful of celery seed

Wash the rice thoroughly, scald it, bring to boiling point and drain. Put this into the chicken broth and simmer gently until the rice is tender; press through a fine sieve and add all the other ingredients.

RABBIT SOUP

1 young rabbit
1 quart of cold water
10 drops of onion juice
1 bay leaf
2 tablespoonfuls of rice
½ teaspoonful of salt

Singe and cut the rabbit into small pieces, cover with the cold water, bring to boiling point and skim. Simmer one hour, add the seasonings, simmer another hour and strain.

SOUPS MAIGRE

VEGETABLE BROTH

Chop sufficient carrot to make a half cupful, add two tablespoonfuls of chopped onion, two tablespoonfuls of chopped turnip and a half cupful of chopped celery. Put a teaspoonful of sugar in the bottom of a soup kettle; when it browns, add the onion, shake it until the onion is thoroughly browned, then add all the other vegetables and a quart and a pint of cold water; add one tablespoonful of washed rice, one tablespoonful of pearled barley and two tablespoonfuls of peanut butter; cover the saucepan and simmer gently one and a half hours. Strain through a fine sieve, season with salt and stand aside to cool.

This makes an exceedingly agreeable soup for persons suffering from uric acid conditions or rheumatism.

Almost any vegetables in season may be used in place of those mentioned.

TOMATO BROTH

Two Servings

Cut three solid tomatoes into bits, put them in a saucepan with a blade of mace, a pint of cold water, a half teaspoonful of salt, and if admissible a dash of pepper. Cover the saucepan and stew gently twenty minutes; strain through a sieve, reheat, add two tablespoonfuls of cream to each feeding and serve at once with croûtons.

The French have a fashion of whipping the cream and putting it on top of the soup, which gives it a dainty appearance.

DRIED BEAN SOUP

Dried beans, peas and lentils have more than meat value. These soups may be used for the rheumatic, gouty and uric acid patients in the place of meat at dinner. They are exceedingly good also for persons suffering from nervous breakdown. They give the necessary nitrogen,

without the stimulating principles of beef. It is wise to cook enough beans one day to last for two or three days.

Wash a cupful of dried beans, soak them in cold water over night; next morning drain, cover with cold water, bring to boiling point, drain again and throw the water away. Return the beans to the saucepan, cover with one quart of cold water, cover the saucepan and cook slowly until the beans are perfectly tender, about one and a half to two hours. Press them through a sieve, using the water as well as the pulp; reheat this pulp, and add a half teaspoonful of salt, a teaspoonful of lemon juice and a teaspoonful of onion juice. Stand it at once in a cold place.

At serving time reheat the desired quantity, add boiling water or milk to make it the proper consistency, and serve in a bouillon cup with toasted strips of white bread.

BEAN FLOUR SOUP

One Serving

You can purchase from any druggist a bean flour, or rolled beans, which can be quickly made into soup. The best of these preparations are made by the Battle Creek Food Company.

Moisten a teaspoonful of the flour in a little cold water, add a cupful of boiling water, and simmer half an hour, season, add a little butter or cream, and serve.

Rolled beans may be made into a soup almost as quickly as the bean flour.

DRIED PEA SOUP

One Serving

Proceed precisely the same as you would for dried bean soup, using either the split or green dried peas. The split peas, however, are best.

LENTIL SOUP

Substitute lentils for beans, and proceed precisely the same as for soup of dried beans. Lentils are more easy of digestion than either beans or peas.

Revalenta Arabica is the name given to red lentil flour sold in the markets of the United States.

It contains more than meat value, and is quickly made into a soup the same as bean flour. All these soups are exceedingly good for nursing mothers.

CELERY BROTH

One Serving

Take six or eight outside stalks of celery, pare the root and cut it into slices. Put a teaspoonful of sugar in the bottom of the saucepan, let it brown thoroughly, then add one pint of cold water and a half pint of finely-chopped celery, using a few of the green tops. Cover the saucepan, simmer gently for a half hour, then strain, pressing the celery. Reheat, add a palatable seasoning of salt, turn the broth into a bouillon cup, put a tablespoonful of whipped cream on top and serve.

This is exceedingly good for nervous patients, and if well made is appetizing.

OATMEAL BROTH

One Serving

Put a teaspoonful of sugar in the bottom of a saucepan, let it burn, add one tablespoonful of chopped onion, shake until the onion is quite brown, add a tablespoonful of olive oil and a half pint of water. Sprinkle into this as soon as it boils one tablespoonful of rolled oats, cover and simmer gently thirty minutes, add a half teaspoonful of celery salt and a dash of pepper; strain, serve in a cup with a tablespoonful of whipped cream on top.

MILK SOUPS

These are known as cream soups in ordinary cooking nomenclature, and are usually made from some appetizing green vegetable and thickened milk. They are to be recommended because they are palatable, easily made and nutritious.

CREAM OF ASPARAGUS

One Serving

Peel carefully four shoots of asparagus. Cut them into small pieces, put them in a saucepan with a half pint of cold water, cover, bring to boiling point and cook gently thirty minutes. Press the whole through a sieve; the water will have almost evaporated. Return the pulp to the saucepan, add two-thirds of a cupful of milk with a teaspoonful of cornstarch moistened in it. Boil an instant, add a saltspoonful of salt and a teaspoonful of butter, strain again, and serve with tiny croûtons.

CREAM OF CELERY

One Serving

Chop sufficient green tops of celery to make a half cupful, and cut two stalks of celery; add to a pint of cold water, cover and simmer gently thirty minutes. Strain and squeeze from the celery all the liquid; add a half cupful of good milk with a teaspoonful of cornstarch moistened in it; stir until boiling, add a saltspoonful of salt and a teaspoonful of butter. The food value may be increased by adding two tablespoonfuls of carefully-boiled rice.

CRESCENT SOUP

One Serving

The heart of one head of celery ½ pint of water
½ teaspoonful of salt 4 tablespoonfuls of cream
Yolk of one egg

Cut the heart of the celery into thin slices crosswise, add the water and stew carefully for a half hour, then add the salt, take from the fire, add the cream and the yolk of an egg. Reheat over water and serve.

CREAM OF CARROT

One Serving

Grate sufficient carrot to make two tablespoonfuls; add half a cupful of chicken stock; cook thirty minutes, then add half a cupful of milk with a teaspoonful of cornstarch moistened in it; when this reaches boiling point, add a level teaspoonful of butter and a saltspoonful of salt.

Good in cases of chronic constipation. Omit cornstarch for diabetic persons.

CREAM OF CORN

One Serving

Score down the center of each row of grains on two perfect ears of corn; and, with a dull knife, press out all the pulp, leaving the hulls on the cob. Put two-thirds of a cupful of milk in a double boiler, add the corn, cover and cook fifteen minutes; then add a level teaspoonful of cornstarch moistened in four tablespoonfuls of cold milk; stir until the thickness of cream, add a quarter of a teaspoonful of salt, take from the fire and stir in carefully a teaspoonful of butter or a tablespoonful of cream.

A slice of onion may be cooked in the milk and removed before serving the soup. This soup is nutritious and palatable, and is an exceedingly good supper dish in cases of chronic constipation.

VELVET SOUP

One Serving

Make a cream of corn soup according to the preceding recipe, and at serving time, instead of adding butter, stir in two tablespoonfuls of cream, whipped to a stiff froth.

CREAM OF GREEN PEAS

One Serving

Press a half cupful of cooked green peas through a sieve; put the pulp in a saucepan with two-thirds of a

cupful of milk; add a teaspoonful of cornstarch moistened in a little cold milk, and a saltspoonful of salt; bring to boiling point; take from the fire and stir in a teaspoonful of butter. Serve with tiny croûtons.

CREAM OF SPLIT PEAS

Wash a half pint of split yellow peas; soak them over night. Next morning drain, wash, cover with a quart of fresh cold water, bring to a boil, drain and throw this water away. Cover the peas again with a quart of freshly-boiled water, add a slice of onion, cover the kettle and cook slowly for about one and a half hours; drain, and throw the water away. Press the peas through a sieve and stand them aside to use as wanted. At serving time, to make a single portion, put a cupful of milk in a double boiler, add a level teaspoonful of cornstarch moistened in a little cold milk, stir until the milk thickens, add three tablespoonfuls of the pulp of the peas, a saltspoonful of salt and a teaspoonful of butter; when hot, serve. It should be as thick as good cream.

Lentils and dried beans may be used in same way.

This is exceedingly valuable food for children and is good for nursing mothers. It has meat value.

CREAM OF POTATO

One Serving

Pare a medium-sized potato, cover with boiling water, boil five minutes, drain and cover again with a half pint of boiling water; add a bay leaf, a saltspoonful of celery seed; cover and cook until the potato is thoroughly done. Press the whole through a fine sieve; the water will have nearly evaporated; add two-thirds of a cupful of milk, stir for a moment, reheat, add a level teaspoonful of cornstarch or arrowroot, moistened in a little cold milk; bring to the boiling point; take from the fire, add a saltspoonful of salt and a teaspoonful of butter. Strain again through a very fine sieve, reheat over hot water and serve at once.

SPINACH SOUP

One Serving

This soup is exceedingly good in cases of constipation. Wash carefully sufficient spinach leaves to make one pint. Put the spinach in a hot, dry kettle, add quickly a half cupful of water and a half teaspoonful of salt. Cover the kettle, cook over a moderate fire for twenty minutes, drain and chop the spinach very fine. Put a half pint of milk in a double boiler, add a teaspoonful of cornstarch, moistened, stir until smooth and creamlike, and add the spinach. When hot, press through a fine sieve, add a teaspoonful of butter; or serve it in a cup with a tablespoonful of whipped cream on top.

Tender lettuce or cress may be substituted for spinach.

CREAM OF TURNIP

One Serving

Grate one young turnip, about two tablespoonfuls; add a half cupful of cold water, cook in a double boiler fifteen minutes, add a saltspoonful of salt, half a cupful of milk, and if admissible, a dash of pepper. When hot, add a level teaspoonful of cornstarch, moistened in a little cold milk; stir and cook for five minutes, add a teaspoonful of butter and serve. Omit cornstarch for diabetic persons.

CREAM OF OYSTER

One Serving

Wash six fat oysters by pouring over them cold water; throw them into a hot granite saucepan, shake quickly until the gills of the oysters curl, then drain, saving the liquor. Put a half cupful of milk into the saucepan, add the oyster liquor, and then the oysters; when scalding hot take from the fire, add a teaspoonful of butter, a quarter of a teaspoonful of salt, and if admissible, a crushed whole peppercorn. This, however, may be added to the milk when it is first put over the fire, and strained out before adding the

oysters; the patient then gets the flavor of pepper without the irritating effect.

Serve in a dainty bowl, with long crisp oyster crackers.

BISQUE OF OYSTER

Chop sufficient celery to make a half cupful; cover it with a pint of cold water, stew for a half hour; by this time the water will be reduced one-half; strain, pressing all the juice from the celery; bring again to boiling point, add six oysters that have been drained and washed; stir until the mixture reaches the boiling point, then add six tablespoonfuls of cream and serve.

CREAM EGGS AND BEEF

Three Servings

Wash two tablespoonfuls of pearled sago until the water is clear; drain, cover it with a pint of cold milk and let it soak over night in a cold place, or for at least two hours. Put it in a double boiler and cook until the sago is clear, about a half hour. Take from the fire and add a pint of clarified beef tea, a half teaspoonful of salt, or celery salt if you have it. Return the mixture to the fire, and when scalding hot stir in the well-beaten yolks of two eggs; take quickly from the fire and stand it aside to cool. At serving time heat the desired quantity over hot water, stirring constantly. Excellent for nursing mothers and invalids.

MILK SOUP

Two Servings

Put two tablespoonfuls of finely-chopped onion, a half cupful of chopped celery tops, a tablespoonful of chopped parsley and two tablespoonfuls of chopped carrot over the fire in a half pint of water; boil five minutes, watching carefully. Turn into a double boiler, add a pint of milk, cover the boiler and let the contents cook slowly for thirty minutes; add a half teaspoonful of salt and strain. Serve alone or with croûtons, as the case requires.

ANIMAL FOODS

These are derived from the flesh of animals, and consist of meats and the internal organs of animals and fowls used as food — sweetbreads, tripe, liver, kidneys, brains, tongues and "frys," and the roe, milts and sounds of fish, gelatin and isinglass; poultry and game; sea foods—fish, shell fish, as oysters, clams, scallops; the crustacea—lobsters, crabs, prawns, shrimps and cray fish; and reptiles, as green turtles and terrapin; and eggs and milk.

In feeding the sick, the most important of these, perhaps, are eggs and milk.

MEATS

In this group we include the flesh of animals used as food—beef, veal, mutton, lamb, poultry, game and rabbit.

All meats are highly nitrogenous, and most of them are easy of digestion and assimilation, because they contain the same chemical elements as our own bodies.

The digestibility, however, is largely governed by the method of cooking. For instance, a broiled steak is more easily digested than a fried steak. The outside cut of baked meat is not as easily digested as a center cut.

Raw beef and mutton, scraped, are more easily digested than cooked meat, but cooking is necessary to destroy the parasitic, living organisms that may be accidentally present in it. Cooking also develops the flavor and appearance of meat, and makes it more palatable.

Mature, well-killed and "hung" lean beef and mutton are more easily digested than the flesh of young animals, as veal and lamb.

The flesh of veal and rabbit is especially dense, and quite unfit for food for the sick, although veal and rabbit broth are frequently recommended in certain cases of chronic gastritis.

Meats for the sick must be perfectly fresh and carefully selected. Lean meat from a fat animal is more tender than lean meat from a lean animal.

Next to the mammals, barnyard poultry is the most important from a dietary standpoint, excepting birds and deer. The flesh of these wild animals is generally quite free from fat, which makes them more easy of digestion and better adapted for diet for the sick.

Next in order comes the white-fleshed fish—an important article of nourishment, providing they are perfectly fresh. There is nothing more dangerous, however, than stale sea food. The flesh of salmon and sturgeon approaches the composition of lean beef more nearly than the flesh of white fish. Mackerel, eels, catfish, herring and shad are all characterized by the presence of fatty matter mingled throughout the flesh, which makes them more difficult of digestion.

Of the white-fleshed fish, the ordinary white fish of the lakes, cod, rock bass, halibut, haddock, sole and flounder are to be preferred.

Shell fish differ widely in digestibility. The oyster has a decided advantage over the clam and scallop. Oysters have a place in diet for the sick; the clam itself has not, but clam bouillon is highly recommended in many diseases. The oyster is no doubt a nutritious, easily digested food; opinions differ, however, regarding this fact. They are more easily digested raw than cooked, but, like meat, they should be cooked to remove the danger of micro-organisms that may be present. Unless one knows that their oysters have been fattened in perfectly clean water, they had better eat them thoroughly cooked.

THE CRUSTACEA

The crustacea are regarded in this country as choice and attractive foods, but the flesh is dense, firm and unfit for diet for the sick; in fact, they frequently cause digestive troubles in persons who are quite well, and if not perfectly fresh are dangerous.

FISH

From a dietetic standpoint, fish is classed with the flesh of animals—a nitrogenous food. The protein in white fish, as cod, haddock and halibut, is in about the same proportion as in beef and mutton. The ratio of water in fish, flesh and fowl is quite uniform; fish contains, however, more phosphorus, and the active fish, as trout and pickerel, contain a greater percentage. The amount of fat in fish is much smaller than in the flesh of animals. In the white-fleshed fish it is largely secreted in the liver, which makes the flesh more easy of digestion—a better food for the sick than the pink or dark-fleshed fish, in which the fat is distributed or mingled throughout the flesh.

The flesh of the male or milt fish is generally considered superior in flavor to that of the roe or female fish. At the period of the ripening of the roe and milt, fish are said to be in season, because the flesh at that time possesses the highest degree of flavor.

All fish should be eaten soon after they are taken from the water. Stale fish is not only unpleasant, but dangerous.

In cases of prolonged feeding, where nitrogenous foods are allowable or called for, a piece of white-fleshed fish, broiled or boiled, gives variety.

If small fish, like smelts or trout, are to be used as diet for the sick, they must be broiled or boiled, never fried. Planking, which is broiling on a plank, may be used in the place of broiling; it gives an appetizing and sightly dish.

To Purchase Fish—Examine the flesh, which should be firm; the scales should be closely adhering and of brilliant color, the eyes and gills bright, and the flesh free from any unpleasant odor.

TO BOIL FISH

Cut a thick piece from the center of a fine white-fleshed fish, wash it quickly in cold water, wipe it carefully and dust it with salt. Wrap it in a piece of cheesecloth, put it in a kettle of boiling water, add a slice of onion, a bay

leaf and a half teaspoonful of salt. Cover and push the saucepan to the back of the stove, to simmer, for fifteen minutes. Lift the cheesecloth, drain, turn the fish on a small serving platter and garnish it with crisp parsley and a quarter of a lemon. Serve with cream sauce, sauce Hollandaise, or just a little melted butter and lemon juice.

BROILED FISH

Purchase a center steak from any white-fleshed fish, cut off enough for one feeding and give the rest to the family; fish must not be used the second day. Wash it quickly, wipe it dry, put it in a wire broiler and over a clear fire until slightly browned on one side, turn and brown the other; then hold it at least six inches above the fire; turn it once or twice, broiling it in all ten minutes. Transfer it to a heated platter, spread over with a little butter, put over a few drops of lemon juice and serve at once.

PLANKED FISH

Secure for individual service a small oblong plank, not over four inches in width and six inches long.

Boil a good-sized potato; when done mash it thoroughly, add four tablespoonfuls of milk and a palatable seasoning of salt, and beat it until light and white. Put a small star tube in the end of a pastry bag, and turn in the mashed potato. Select a slice of fish sufficiently large for the patient, wash it in cold water, dry with a soft cloth and dust it with salt. Put the plank in the oven until very hot; if you have a gas stove put it underneath the gas burners, down as near the floor of the stove as possible; when hot, put on the fish, skin side down, dust it with salt, return it to the oven and cook quickly for twenty minutes; by this time the fish should be brown. Take the plank from the oven, press the potatoes through the star tube around the edge of the plank, put the plank back until the potatoes are a golden brown; garnish it with parsley and lemon, and serve at once. This makes a very sightly and palatable dish.

FISH IN A PAPER BAG

Select the necessary piece of fish, dust it lightly with salt, put it in an oiled paper bag, fold over the end of the bag, fasten it, lay it on a grate in a baking pan, and bake in a quick oven fifteen minutes. Transfer the fish to a heated plate, garnish with potato roses, or serve with it plain boiled potatoes.

This is one of the nicest ways of cooking fish.

OYSTER BOUILLON I

Purchase twelve salt oysters in the shell; wash and scrub the shells thoroughly; put them into a saucepan with a pint of boiling water, cover and bring quickly to a boil. Lift one oyster at a time and puncture the flesh in several places with a silver fork, put it back in the saucepan, cook for ten minutes and strain through two thicknesses of cheesecloth.

OYSTER BOUILLON II

Drain, and wash, by pouring over them cold water, twelve large oysters; throw them into a dry, hot granite kettle and shake over the fire until the gills are thorougly curled and the liquor boiling. Pick the oysters with a silver fork, strain the bouillon through cheesecloth, pressing lightly; reheat and serve. Season with salt only.

DRY PANNED OYSTERS

Wash the desired quantity of oysters by pouring over them, in a sieve, a quart of cold water. Put a granite pan over the fire; when very hot throw in the oysters, shake quickly and cook until the gills are curled, add a palatable seasoning of salt and a teaspoonful of butter or two tablespoonfuls of cream. Transfer to a heated dish and serve at once.

PLAIN BROILED OYSTERS

Select four large, fat oysters, put them on a board, dry on both sides with a piece of soft cheesecloth, dust lightly

with salt, dip in fine, dry bread crumbs. Put the oysters in the center of a wire broiler, hold over a clear fire or underneath the oven burners of a gas stove, until they are browned on one side; turn and brown the other. Transfer them to a small heated platter, put a bit of butter and a few drops of lemon juice on each, and serve at once.

GRIDDLED OYSTERS

Place an ordinary cake griddle over the fire; when hot rub quickly with a tiny bit of suet. Dry four or six good fat oysters with a piece of cheesecloth, throw them on the hot griddle; when brown on one side turn, with a cake turner, and brown the other. Serve on buttered toast.

These are frequently served in the oyster liquor. Boil the liquor and skim it, add a teaspoonful of butter or a tablespoonful of cream, add a half saltspoonful of salt, throw the hot broiled oysters into this, and serve with toast.

BOILED OYSTERS

Select four or six medium-sixed oysters, drain them, throw them in a kettle of boiling water, boil two minutes, drain again and stand aside to cool. When cold, dish on crisp lettuce leaves, baste with French dressing and serve.

CLAM BOUILLON

If clam broth is to be used for any length of time, it is wise to buy fifty medium-sized hard shell clams; put them in a cold place and sprinkle them every day with cold salt water.

To Make an Individual Portion—Wash and scrub six clams; put them in a small kettle or saucepan with a half pint of cold water, cover the kettle, bring it quickly to a boil. Lift the lid and you will find that the clams have opened. Take out one at a time, puncture it in several places with a silver fork, drop it back into the kettle, cover and cook for a few minutes longer. Take out the clams and strain the

broth through two thicknesses of cheesecloth, and it is ready to serve.

To Allay Pernicious Vomiting—Two tablespoonfuls fed to the patient by teaspoonfuls, will be quite sufficient for one feeding. This may be repeated every thirty minutes if necessary.

CLAM BROTH

Make precisely the same as clam bouillon, using a tablespoonful of cream to each half cupful (one gill) of broth.

CLAM BROTH WITH WHIPPED CREAM

Heat four tablespoonfuls of clam bouillon in a tiny saucepan, add a little celery salt, turn into a heated cup, put on top a tablespoonful of whipped cream and serve at once.

BELLEVUE BOUILLON

Heat four tablespoonfuls of clam bouillon and four tablespoonfuls of chicken broth, mix and pour into a bouillon cup, put a tablespoonful of whipped cream on top and serve.

MEATS

BEEF

Beef should be fine grained; that portion exposed to the air a light red, showing a shade of purple when the first slice is cut off. For the sick, purchase the best quality of lean beef; be sure the fat is solid and whitish, not yellow.

For broiling, the tenderloin or sirloin is best.

For beef tea, the sticking piece is first choice; second, the round or rump.

For Hamburg steaks or dishes made from chopped meat, purchase the round.

The choice methods of cooking beef for the sick are broiling, boiling, roasting or baking. If tender meat is not accessible, purchase the round and put it twice through the meat chopper, form it into cakes and broil them. If there are no conveniences for broiling, cook them in a dry pan, without fat, turning them almost constantly while cooking.

TO BROIL A STEAK

Cut off just sufficient for the meal; if tenderloin, a slice from the entire tenderloin; if sirloin, cut near the middle a piece sufficiently large for a serving. Trim off every particle of suet.

If you are to broil it over a coal fire, see that the coals are bright and red, and free from gas. Put the steak in a wire broiler, and near the fire, sear quickly on one side, turn and sear the other; turn it each twenty seconds, for three minutes; then lift the steak about six inches from the fire and broil it slowly on one side for three minutes, then turn it and cook it three minutes longer; this is allowing for a steak an inch and a half in thickness. Transfer it at once to a small heated platter, dust it lightly with salt, spread it with a little butter and serve at once.

If the steak is one inch thick, it will require eight minutes for broiling; if one and a half inches thick, ten minutes; two inches, fifteen minutes. It should be rare, but

not raw. Be very careful that it is sufficiently cooked to remove the "purple" coloring from the center of the steak.

Charcoal broiling is the same.

TO PAN BROIL A STEAK

Cut the steak one inch thick. Put an iron shallow frying pan over the fire; when very hot throw in the steak; it will fasten itself to the pan immediately. Loosen it with a cake turner and turn it as you would a griddle cake. As soon as it sears on this side, turn it again, and keep turning it every half minute for five minutes. Transfer it to a small heated platter, dust it with salt, spread over a little butter and serve it at once.

This is by no means an inferior way of cooking a steak, providing you stand over it during the entire cooking.

TO BROIL ON A GAS STOVE

Light the oven burners three minutes before placing the steak; have everything else for the meal ready. See that the broiling pan and rack underneath the gas burners are in their proper places. Have the steak cut one inch thick. When the broiler is hot draw it out, place the steak in the middle, put it as near the gas flame as possible without touching it. As soon as the steak is seared on this side, draw out the pan, and with a fork (sticking it as near the edge of the steak as possible) turn, and sear the other side. Turn the steak again, lower the pan about six or seven inches, turn the burners half way down and broil slowly three minutes on one side, turn and broil three minutes on the other. Season and serve.

BEEF COOKED IN TOMATO

In certain cases of obesity where tomatoes are allowable, this gives variety and is exceedingly palatable.

Chop fine or grind a quarter of a pound of round of beef, season it with a half teaspoonful of salt, and a dash

of pepper, if admissible. Cut the stem end from a large solid tomato, scoop out the seeds and core, leaving the skin with a comfortably thick wall. Put the meat lightly into the tomato, and bake it in the oven fifteen or twenty minutes. Transfer it to a heated plate, put a little butter in the center and send it at once to the table. The meat should be smoking hot to the very bottom, a little rare, and the tomato soft.

BEEFSTEAK IN A PAPER BAG

Purchase a slice of tenderloin not over three-quarters of an inch thick. Open a small paper bag and grease it slightly with olive oil. Dust the steak lightly with salt, put it in the bag, fold over the ends and fasten them; put it on a small grate in a pan, and in a quick oven for twenty minutes. Open the bag and put the steak, with all the juice, on a small heated plate, and serve at once.

Meat cooked in a paper bag is very much better than when pan broiled.

SALISBURY STEAK

Put a half pound of the round of beef twice through the meat chopper; add a half teaspoonful of salt and form it into a round cake, making it of equal thickness throughout—that is, have the sides as thick as the center. Put this into a perfectly dry, hot iron pan; turn it with a cake turner several times, cooking it at least ten minutes. Dish it on a heated plate, squeeze over a little lemon juice and serve at once. If, for any reason, the meat is needed very well done, make the half pound into two cakes. The stringy portion, about one-half the weight of the meat, should be held in the chopper. A little butter over the cooked steaks is frequently admissible. The salt should be added to the meat, use no pepper.

THE RORER MEAT CAKE

Purchase a half pound of tenderloin of beef; take a blunt silver knife and scrape the pulp of the meat from the *fibre;* put that which you have scraped on to a porcelain, or ordinary china plate; it must not touch iron or tin. When you have sufficient scraped, make it into two small cakes, about a half inch thick. Put these in a paper bag or in a piece of oiled paper and cook on a rack in a pan in a very hot oven ten minutes; when done, place them on a heated dish, dust lightly with salt, put in the center of each a tiny bit of butter and serve immediately.

ALMOND MEAT CAKE

Add to the Rorer meat cake six almonds that have been blanched and ground; after the cakes are dished on the heated plate add a few drops of lemon juice with the butter.

PANNED CHOPPED MEAT

Put a quarter of a pound of tenderloin through a meat chopper. Put it in a hot porcelain saucepan, add four tablespoonfuls of water, cover the pan, bring it quickly to a boil, add a saltspoonful of salt, a level teaspoonful of butter, stir and serve quickly in a tiny, heated vegetable dish. Excellent when well made.

HOMEMADE PEMMICAN

¼ pound of lean beef put twice through a meat chopper

¼ pound of marrow from the leg or shin bone of an ox

Chop the marrow with a silver knife and remove the *fibre.* Mix the beef and marrow thoroughly, a half saltspoonful of salt and stand at once in a cold place.

In cases of pernicious anæmia, induce the patient, if possible, to eat this whole amount in two or three feedings.

Serve with it whole wheat bread or some easily-digested, simply-cooked green vegetable, or a sliced orange, or a few white grapes, or make it into sandwiches.

TO "ROAST" OR BAKE BEEF

Select two good standing ribs, the first or second cut, according to the size of the family; the first cut will make a small compact roast. Have the ribs trimmed and cracked. Put the roast in the pan, rib side down, put a teaspoonful of salt in the pan, and a half cupful of water; place at once in a very hot oven and bake until the outside of the meat is thoroughly seared, about twenty-five minutes. Cool the oven, and begin to baste the meat with the fat that is now dripping in the pan, and roast a large joint fifteen minutes to each pound. A small two-rib roast weighing six pounds will bake in an hour and a quarter. Do not add any more water to the pan; baste with the fat that is dripping from the meat.

This recipe will answer for mutton and lamb.

BOILED BEEF

Purchase the bolar piece—the fleshy part of the shoulder—or a piece from the upper round. Select a kettle that will hold sufficient water to entirely cover the piece of meat to be boiled. When the water is *boiling,* put in the meat, boil rapidly five minutes, then push the kettle to the back of the stove and keep at a temperature of 170° Fahr., and cook fifteen minutes to each pound of meat. When the meat is partly done, add salt, either plain or celery salt, a bay leaf and a clove to the water. The water in which this meat is boiled may be saved for ordinary soup. If the meat has been carefully cooked the water will contain but very little nourishment.

Carefully-boiled meat will be juicy, slightly rare and perfectly tender.

Boiled meat is considered more digestible than baked or roasted meats.

THE SECOND COOKING OF MEATS

Even to a healthy person who has good digestion, the ordinary hash is an abomination. There are only a very few ways in which meat can be warmed over for the sick. Boudins or dishes where the meat is heated in the oven in hot water are preferable. Croquettes contain nutritious material, but the combination and frying renders them unfit for the sick. Avoid all warmed-over dishes, like hash, ragouts, or brown stews.

BOUDINS

Chop a quarter of a pound of tender, rare roasted beef. For the sick, I think it is wise to put this twice through a meat chopper. Put four tablespoonfuls of water and a tablespoonful of dry bread crumbs in a saucepan, cook a moment, and add the meat. Take from the fire, drop in the yolk of an egg, a saltspoonful of salt, and then fold in the well-beaten white of the egg. Turn this into a little boudin mold or custard cup, stand it in a pan of boiling water and cook over the fire or in the oven for fifteen minutes. Serve at once.

This is very nutritious and easily digested. An excellent dish for the aged.

BEEF PUDDING

Line an individual dish or a ramekin with a thin layer of mashed potatoes; put in the center about four tablespoonfuls of nicely-seasoned cold roasted beef, chopped fine. Cover the top with more mashed potatoes, stand the dish in a pie plate of hot water and bake in the oven until a golden brown, about twenty minutes.

TURKISH BEEF

Chop a quarter of a pound of roasted beef very fine, season it with a saltspoonful of salt and a saltspoonful of pounded celery seed; put this into a ramekin or a small individual baking dish, pour over four tablespoonfuls of

leban; stand the dish in a pan of hot water and cook in the oven fifteen minutes, and serve.

This is excellent in cases of indigestion. The leban renders the beef more digestible and gives a greater food value. Matzoon or zoolak may be used in the place of leban.

SALT MEATS

Salt meats take no part whatever in diet for the sick; we simply mention them to condemn them.

Broiled bacon is the exception. It is more digestible and nutritious than fresh fat pork, and may now and then be used sparingly. In salt lean meats the *fibre* is rendered hard and difficult of digestion. The meat is deficient in natural mineral matter, and contains an excess of chloride of sodium. Persons who are perfectly well, after a meal of salt meat have an uncontrollable desire for water, which comes from an overheated, irritated condition of the stomach; it is not true thirst, and must be looked on as an unnatural rather than a natural condition.

TRIPE

Tripe, being a portion of the digestive viscera of the ox, is one of the most easily-digested of animal foods, requiring only one hour for perfect digestion. It is generally cleaned by the butcher. When it comes home, wash it through several cold waters, put it in a kettle of boiling water and simmer gently eight hours or until it is perfectly tender. Take it out, stand it aside to cool, and it is ready to dress in many ways. It may be heated in a little cream sauce, or broiled, or stewed. If carefully prepared, it is a good food for the aged, for children over six years old, for the obese as well as the very thin, and for convalescing patients who are allowed solid foods.

STEWED TRIPE

Cut sufficient cold boiled tripe into narrow strips. Put a half pint of milk in a double boiler, add the tripe, add a

half teaspoonful of cornstarch moistened in a little cold milk, a saltspoonful of salt and two drops of onion juice. Stir constantly until it thickens, take from the fire, add a teaspoonful of butter and serve on toast.

BROILED TRIPE

Cut the necessary sized piece from cold boiled tripe, dust it with salt, put it in a broiler and broil on both sides until slightly brown. Transfer it to a heated dish, put over a little butter and lemon juice, and serve.

TRIPE AND OYSTERS

Throw six oysters into a heated granite saucepan, shake until the gills are turned, then drain the oysters, saving the liquor. Beard the oysters, put the soft portion back in the liquor, add two tablespoonfuls of finely-chopped, well-cooked tripe, a crushed whole peppercorn and a saltspoonful of salt; bring to a boil, add two tablespoonfuls of cream and serve on toast. Or omit the pepper and add a half drop of Tabasco, or strain the pepper out before adding the oysters.

MUTTON

The flesh of good mutton should be a bright red color, the fat firm and white. The fatter the mutton, the better and more tender the lean parts, but as the fat of mutton is very rich in stearic acid, it is necessary that every particle be trimmed from the lean meat before it is cooked. The lean flesh of mutton is more loosely held together than that of beef, which makes it slightly more digestible.

Purchase the shoulder for mutton tea, the neck for mutton broth, Frenched rib chops for broiling, and a leg for boiling.

BROILED CHOPS

Select one or two nicely-trimmed Frenched chops. Put the serving plate and a plate from which they are to be

eaten to heat; mutton must be served on hot plates. Arrange the chops on a wire broiler, broil them quickly, searing first one side, then the other, and turning them every half minute for five minutes. Dish the chops, dust them lightly with salt, slip a quill of paper over the bones and serve at once.

For convalescing patients, or for the aged or for children, the plate may be garnished with boiled rice, a tablespoonful of purée of peas, or potato roses.

CHOPS IN A PAPER BAG

This is the very nicest way of cooking chops. Season the chops with a little salt, rub each with a little butter, slip them into a paper bag, fasten the bag, put it on a wire rack in a pan, and cook them in a hot oven fifteen minutes. Open the bag, slip out the chops, and pour the juices from the bag over them; put little quills of paper over the bones and serve at once.

MUTTON CAKES

Cut the lean portion from two Frenched chops, season it with a little salt, put them in a paper bag and cook them as you would ordinary chops.

MUTTON PATS

Purchase two slices of lean mutton from the leg. With a silver knife scrape first one side, then the other; as fast as meat pulp accumulates on the knife put it on a china or porcelain saucer. When you have scraped both pieces free from pulp, form it into little pats, making three or four, each one holding not more than three tablespoonfuls. Drop them into a hot, dry pan, cook a minute, turn with a cake turner, dish on a heated plate, dust lightly with salt, put over a little butter and serve at once.

These may also be cooked in a paper bag.

MUTTON CAKE WITH MUSHROOMS

This dish will give variety to a diet in obesity. Take the lean portions from two Frenched chops, season with salt and a little pepper, put them in a paper bag, put on top of each a single mushroom, fasten the bag and cook in a quick oven fifteen minutes. When done, slip the chops and mushrooms on a heated plate, pour over the sauce, and add a few drops of lemon juice. Do not add butter.

KLOPPS

Chop four ounces of cold boiled mutton rather fine, add to it a saltspoonful of salt, a tablespoonful of dry bread crumbs and the unbeaten white of one egg; mix thoroughly, and add a tablespoonful of finely-chopped mint. Form into balls the size of English walnuts, drop these balls into a saucepan of boiling stock, either beef or mutton; draw the pan to one side of the fire where it cannot possibly boil again, until the balls come to the surface; this will take about five minutes. Take them out with a skimmer, dish them neatly on a tiny hot platter.

For the aged one may use a tablespoonful of cream sauce or sauce Hollandaise; for the obese, two or three tablespoonfuls of reduced tomato or horseradish sauce.

MUTTON CASSEROLE

Wash and boil six tablespoonfuls of rice; when this is dry put it into an ordinary custard cup, pressing it to the sides and bottom, leaving a well in the center. Cut sufficient cold cooked mutton into dice to fill the well, season with a little salt, put over two tablespoonfuls of cream, cover with a thin layer of rice, stand the cup in a baking pan of water, cover with greased paper and bake in a moderate oven twenty minutes. While this is baking, rub together a teaspoonful of butter and one of flour, add a half cupful of milk, boil, add a half saltspoonful of salt. Turn the casserole out on the serving dish, pour around

the cream sauce, add a little chopped parsley, and serve. This is a dainty, easily-digested dish; nice for tuberculosis patients, or children, or for the aged.

VEAL

Veal is an unfit food for the sick, because the flesh is dense and difficult of digestion—the juices are rich in albumin, which hardens under the influence of heat. In gastric troubles, however, veal broth is to be recommended. In purchasing veal, see that it is not too young, the flesh is pink and the bones hard. Avoid veal where the flesh has a bluish tinge and is soft and flabby.

The knuckle, which is the lower part of the leg after the cutlets are taken off, and the neck are the best pieces for soup and broth.

The sweetbreads are a part of the digestive viscera of the calf, hence are easily digested; when simply cooked and not covered with rich sauces or mixed with mushrooms, they require only one hour for perfect digestion. They are rich in protein, but not as stimulating as lean flesh. They are sold in the market in pairs; the short, chubby one is called by the butchers the "heart" sweetbread; the long one, the thymus gland, is called by the butchers the "throat" sweetbread; this is not as tender as the "heart" sweetbread. The thymus gland, however, is just as good for creamed sweetbreads, so in purchasing a pair, save the "heart" sweetbread, the pancreas, for broiling or baking, and the thymus gland for picking apart. They hold digestive secretions, which naturally causes them to spoil quickly; in fact, they will digest themselves unless they are cooked or chilled as soon as they are taken from the calf.

To prepare, put them first into cold water, wash them, cover them with boiling water, add a half teaspoonful of salt and simmer gently three-quarters of an hour; then put them in a cloth or bag and on the ice. They will keep for one

or two days. They are now ready for dressing or reheating according to the following recipes:

BROILED SWEETBREADS

Split a prepared "heart" sweetbread into three slices, put it on a broiler over a clear fire, browning first one side, then the other. Serve it at once with a little butter and salt. For a convalescing patient, serve with it a spoonful of green peas, or it may be served on a piece of crisp toast.

BAKED SWEETBREADS

Remove the membrane from the outside of a prepared "heart" sweetbread, brush it with melted butter, dust it with salt, wrap it in a piece of oiled letter paper or put it in a paper bag, and bake in a moderately quick oven thirty minutes. Transfer it to a small heated dish, and pour over it the sauce from the bag.

This may be served to an invalid with very young, tiny, fresh peas, or two or three tablespoonfuls of purée of green peas.

TO CREAM SWEETBREADS

Pick apart one prepared sweetbread, rejecting all the membrane. One gland will make two meals. Moisten two level teaspoonfuls of flour in a little cold milk, add a half cupful of hot milk, and when boiling add half a sweetbread. Stand the saucepan in another of hot water, cover and cook slowly for twenty minutes. Take from the fire, add a quarter of a teaspoonful of celery salt and a teaspoonful of butter. Serve on toast or in a border of carefully-boiled rice.

SWEETBREADS IN JELLY

Boil a pair of sweetbreads as directed; put them aside to cool. When cool, pick the sweetbreads apart, rejecting all the membrane. Cover a half box of gelatin with a half

cupful of cold water, let it soak for a half hour, then add one cupful of boiling stock, a half teaspoonful of beef extract, a half teaspoonful of celery salt and ten drops of onion juice; strain, and add a teaspoonful of lemon juice. Put the sweetbreads in a round or square mold, pour over the liquid jelly, just enough to cover, and stand aside in a cold place.

This may be served with fresh celery or cress, or tender lettuce salad. A nice dish for the obese.

LIVER

The liver, heart and kidneys of both veal, mutton, lamb and beef are unfit food for the sick.

POULTRY AND GAME

Poultry for the well and the sick should be in perfectly fresh condition, not cold storage. Chickens and turkeys should be dry picked, not scalded; this is especially important for young chickens, as they are so small that dipping them in a bucket of hot water blanches and partly cooks the flesh next to the skin, which causes them to spoil quickly, and destroys the flavor.

TO SELECT CHICKENS

For Broiling—Purchase a young chicken with firm flesh, yellow skin and legs, and with a soft point to the breastbone. It should not weigh over one and a half pounds.

A Squab Chicken is simply a young chicken not weighing over one pound.

For Boiling, Baking, Stewing and Soup Making—Purchase a chicken at least one year old. The breastbone will be a little hard at the end, but easily broken; if it is pointed and resists pressure, it is a fowl, not a chicken.

TO DRAW A CHICKEN

Draw the chickens as soon as they come from the market, and put them at once in a cold place. Cut off the feet and head, split the skin down the back of the neck, detach it from the neck, draw it down over the breast, take out the crop without breaking it, and cut the neck off close to the body. Turn the chicken over, make a vent under the rump large enough to easily draw out the intestines; put in your finger and loosen the internal organs—liver, heart, gizzard, lungs and entrails; grasp the gizzard and pull carefully, bringing them all out together, unbroken. With a sharp knife cut around the vent of the large intestine, and your chicken is clean. Be very careful not to break the gall bag or intestines, as the contents of either would render the fowl uneatable to the sick. The contents of the intestines are offensive, and no amount of soaking or washing will remove the odor and flavor from the meat.

Do not soak chickens in water. I cannot speak too strongly against this abominable practice. As soon as the chicken is carefully drawn, get a pan of cold water and a piece of cheesecloth, wash the skin thoroughly, wring out the cloth and wipe the chicken inside and out; put it on a dry plate and stand in a cold place. The soaking of meats in cold water draws out the nourishment and flavor.

Do not use the giblets for the sick.

These directions for drawing will answer for turkeys, chickens, ducks and all kinds of birds.

TO BROIL A CHICKEN

Select a very young chicken, draw it carefully; wash quickly and wipe it dry; put it in a broiler and then over a clear fire, bone side down; broil slowly for fifteen minutes, then turn it and broil on the other side for ten minutes. If you use a gas stove, put it under the gas jets bone side up, then turn it and broil on the other side. As soon as it is done, dish it on a heated plate; spread it lightly with very sweet butter and use at once.

The half of a "squab" chicken will be quite enough for a single feeding.

TO BROIL BIRDS

Split the birds down the back, remove the intestines; with a damp cloth wash and wipe the birds quickly, sprinkle the bone side with salt, brush the skin with a little melted butter, and broil precisely the same as you would broil a chicken. Serve plain on a heated platter, or serve on a slice of nicely-toasted bread.

TO BROIL CHICKEN IN AN OVEN

Conveniences for broiling are sometimes lacking even in well-regulated households. One can always broil over coal or wood, but in the summer where oil or gasoline is used it is necessary to "oven broil." Wash the grate in the

oven. Light the oven burners and see that the oven is very hot before putting in the chicken or birds. Sprinkle the bone side with salt, brush the skin side with butter and dust it lightly with dry bread crumbs. Put them on the rack, bone side down, put a pan underneath, close the door and cook for a half to three-quarters of an hour; if carefully done the chicken will be juicy and tender.

This is not an inferior way of cooking a chicken, provided the oven is hot at first.

TO COOK CHICKEN IN A PAPER BAG

This perhaps is one of the best ways of cooking chicken for the sick. There are very good, logical, scientific reasons for using a bag or oiled paper for oven cooking of meats.

This method of cooking retains all the nutritious qualities, and the meat does not shrink or become dry, and is never greasy.

Heat the oven at least ten minutes before putting in the chicken or bird; 300° Fahr. is just about right. Dust the chicken with salt, brush it with a little melted butter, put it in a paper bag, fold over the end of the bag and fasten it; place the bag on a grate in a pan, and at once in the oven; cook thirty-five minutes. Slide the chicken from the bag to a serving dish, and pour over the sauce.

TO PAN A CHICKEN

Draw and split the chicken down the back; it must not weigh over one and a half pounds. Put half of it in a granite roasting pan, bone side down, put two or three tablespoonfuls of water in the pan, run it in a quick oven and bake for thirty-five minutes. If the water evaporates quickly, add a little more. When the chicken is half done dust it with salt, and if admissible a suspicion of pepper. When it is nicely browned dish it on a dainty platter, put a little quill of paper over the leg bone, spread over a little sweet butter and serve.

Chickens may stand a moment after they are cooked, before serving; they do not become heavy or sodden like beef or mutton.

CHICKEN FRICASSEE

Select a fowl one year old and not too fat. For the sick, use only the white meat. Draw the chicken, take off the second joints and with a cleaver or heavy knife chop and slash the leg, beginning at the lower bone. Put the back and the dark meat in a saucepan, add a quart of cold water, bring to boiling point and skim. Cut the breast into halves, put these halves on top of the dark meat in the saucepan, cover and simmer it gently for two hours, or until the white meat is perfectly tender. Remove the white meat, put one half aside for other dishes—soufflé, boudins or a mince. For the fricassee, rub together two level teaspoonfuls of butter and two of flour, add a half cupful of the liquor in which the chicken was boiled, stir until boiling and add a half teaspoonful of salt. Add the breast to the sauce, cover and stand the saucepan over hot water for ten minutes. Have ready boiled, four tablespoonfuls of rice, dish the chicken on a dainty little platter, heap the rice at one end of the platter and serve. Use the water for broth.

CHICKEN SOUFFLÉ

Chop sufficient cooked white meat of chicken to make four tablespoonfuls; add to it two tablespoonfuls of thick cream, a tablespoonful of sifted dry bread crumbs, a saltspoonful of salt, and then mix in the well-beaten white of one egg. Heap this in a tiny baking or ramekin dish, or on a shell; dust with bread crumbs, brown quickly in a hot oven and serve at once.

It will fall if it stands.

GERMAN CHICKEN PUFF

Bake one good-sized potato; when done, cut off the end, scoop out the flesh and put it through a sieve or

vegetable press; add a saltspoonful of salt, four tablespoonfuls of finely-chopped cooked white meat of chicken, mix thoroughly, and fold in the well-beaten white of one egg. Put this back into the potato "shell," brush the top with milk and bake in a quick oven fifteen minutes.

CHICKEN IN POTATO CASES

Chop sufficient cold cooked chicken to make four tablespoonfuls; put it in a small saucepan with two tablespoonfuls of cream, half a saltspoonful of salt, and if admissible a suspicion of pepper; cover the saucepan and stand it over a teakettle of hot water for ten minutes to heat. Have ready baked a good-sized perfect potato, cut a slice from the side, or the end, whichever seems best; scoop out the flesh of the potato, leaving a wall a half inch thick. Fill the potato with the hot chicken, dish it on a napkin and serve at once.

The portion of the potato scooped out may be used for another dish.

MINCED CHICKEN ON TOAST

Cut half the white meat of a young chicken into dice. Put a teaspoonful of butter and one of flour in a saucepan, mix, and add a half cupful of milk, stir over the fire until it reaches boiling point, add a saltspoonful of celery salt and the chicken; cover the saucepan and stand it over hot water for ten or fifteen minutes. Trim the crust from a square of bread and toast it until a golden brown; put it on a tiny platter and heap the chicken on top. If admissible, garnish the top with a teaspoonful of nicely-cooked green peas, or a little chopped parsley.

GOLDEN CHICKEN

Make precisely the same as minced chicken on toast, and when ready to serve, grate over the top the hard-boiled yolk of one egg.

CEYLON CHICKEN

In cases of long-continued feeding for invalids, the aged, or tuberculosis patients, variety is the spice of life. Ceylon chicken may be made from any left-over chicken that has been carefully cooked, and gives a palatable, easily-digested, attractive dish. Cut sufficient cooked white meat of chicken to make a half cupful. Grate a cocoanut, pour over it a cupful of boiling water, let it stand a minute, stir until the cocoanut is thoroughly saturated with the water, then put it into a cheesecloth or a bag and squeeze it dry. Put the chicken in a saucepan, add a half cupful of the cocoanut "milk" thus made, bring it slowly to boiling point, add a saltspoonful of salt and a teaspoonful of cornstarch that has been moistened in a little of the cold cocoanut "cream." Serve in a border of rice. If the cocoanut milk stands but a few minutes the cream will come to the surface. The remaining cocoanut "milk" and "cream" may be saved for cooking other meats or vegetables.

CHICKEN TIMBALE

Cut half the white meat, four ounces, from a young, uncooked chicken; put this raw meat twice through a meat chopper, put it into a bowl, rub it with the back of a spoon until it forms a paste; add slowly four tablespoonfuls of cream and the unbeaten white of one egg; when thoroughly mixed add a tablespoonful of soft bread crumbs and a saltspoonful of salt. Press this through a fine sieve, and fold in the well-beaten white of another egg. Grease two custard cups or timbale molds with a little olive oil or melted butter, line the bottom with a piece of white paper, fill in the mixture, stand them in a baking pan of boiling water, cover the tops with oiled paper, and cook in a moderate oven about twenty minutes. While these are cooking, rub together a teaspoonful of butter and one of flour, add a half cupful of milk, stir until boiling, add a saltspoonful of salt, and pour on a tiny serving platter; turn out one timbale

into the sauce, garnish the dish with a sprig of parsley and serve. This is one of the most delicate, easily-digested and attractive of the chicken dishes. It is admirable for convalescing typhoid patients who are allowed solid or semi-solid food.

To Give Variety—For another meal heat the mold left over by standing it in boiling water over the fire or in the oven. If admissible cook a cupful of green peas and press them through a sieve; they should be as dry as mashed potato. Season nicely with a little salt and butter, put them on a serving dish, dish the timbale at one side, or in the center, and send to the table.

JUGGED CHICKEN

In making chicken broth, save the white meat for other dishes. After the chicken has been boiled tender in the broth, remove the breasts and put them aside for any of the preceding recipes. For jugging: Put half the breast while hot in a small baking dish or casserole mold, dust it lightly with celery salt, add sufficient stock to just cover, sprinkle over two tablespoonfuls of rice, cover the dish and bake in a moderate oven one hour. Serve in the dish in which it is cooked.

LARDED QUAIL

Clean and truss the bird, wrap around the thinnest possible slice of bacon, put it in a small baking dish and run it in a quick oven for thirty minutes. Remove the bacon and serve on toast. Any other small birds may be dressed and cooked after this recipe.

BROILED CANVASBACK DUCK

Remove half the breast from a canvasback duck, put it in a broiler, broil over a hot fire ten minutes, turning once, then dust it lightly with salt, brush it with a little melted butter, broil two minutes longer and serve.

The flavor of the duck is best preserved by cooking it quickly and serving it at once on a hot plate. Serve with the duck a little boiled rice, currant jelly and very tender young celery or lettuce.

VENISON WITH ORANGE SAUCE

Grate the yellow rind of half an orange into a saucepan, add a dash of Tabasco, a half cupful of chicken stock and a saltspoonful of salt; simmer gently about ten minutes, then add the juice of the orange and a tablespoonful of port wine; stand this to keep hot while you quickly broil a portion of venison steak. Dish it quickly on a hot plate, pour over two tablespoonfuls of the hot sauce and serve. Serve venison rare.

BONED SQUABS

After the squabs have been carefully picked, cut off the legs near the body, and the head and wings. Cut the skin down the back, and then with a small, sharp knife remove the meat from the carcass, keeping the knife pressed flat against the bones. When the leg and wing joints are reached, unjoint them quickly without cutting the breast. When the flesh has been freed from the bones, put it into shape, dust it lightly with salt, and broil quickly as you would a chicken. Dish on a heated plate, put over a little butter and serve.

Squabs may be baked whole, without stuffing, and served with green peas, to patients who can take solid foods of this kind. Convalescing patients, who can eat solid food, usually prefer broiled or baked squab on toast.

BOILED PIGEON

Draw and truss the bird, put it at once in a kettle of boiling water. Boil rapidly five minutes, add a teaspoonful of salt, a bay leaf, cover and cook at 170° Fahr. for an hour. Serve hot.

SAUCES

INDIVIDUAL RECIPES

All sauces are quite easily made. The points to be remembered are that the fat and flour must be rubbed together and not heated; the liquid material as a rule must be added cold, and the sauce stirred over hot water until it thickens. For the sick, however, it is wise to add the butter last, as in almost all cases heated butter disagrees. Sauce made according to the following recipes may be eaten, by persons who have weak digestion, without any serious results. Avoid in all cases of sickness heated butter. If butter must be added to vegetables or meats, put it on after they are dished, which will allow it to melt at low temperature.

SAUCE à la POULETTE

Beat the yolk of one egg until creamy, add slowly one gill (a half cupful) of hot chicken stock or bouillon, and a saltspoonful of salt; stir it over hot water for a minute until smooth like mayonnaise; be careful not to curdle.

BROWN SAUCE

Put a half cupful of stock in a saucepan, add a level teaspoonful of flour moistened in a little cold stock, stir and boil five minutes, take from the fire, add half a teaspoonful of browning or kitchen bouquet, a level teaspoonful of butter and a saltspoonful of salt. Strain and it is ready for use.

CREAM SAUCE I

Put a half cupful (one gill) of milk in a saucepan, over a moderate fire, add half a level teaspoonful of cornstarch moistened in a tablespoonful of cold milk. When this thickens, take it from the fire, add a teaspoonful of butter and a saltspoonful of salt.

A teaspoonful of flour may be substituted for the cornstarch.

CREAM SAUCE II

Put four tablespoonfuls of cream in a china cup, stand it in a little pan of hot water and stir it until it is palatably hot, and add a saltspoonful of salt. Use at once.

This sauce can be used in diabetic cases.

EGG SAUCE

Beat the yolk of one egg until creamy, add slowly a half cupful (one gill) of boiling water, stirring all the while. Stand the cup in a saucepan of hot water, and when the sauce is the consistency of mayonnaise take it from the fire, add a teaspoonful of butter, a saltspoonful of salt and a dash of lemon juice.

Serve on green vegetables for diabetic, rheumatic and gouty patients.

MAÎTRE d'HÔTEL

Beat a tablespoonful of butter to a cream, adding gradually a tablespoonful of lemon juice. When thoroughly mixed, stir in one tablespoonful of finely-chopped parsley, and a pinch of salt, not more than ten grains. Heap in a tiny dish and stand aside until cold.

Serve on broiled, boiled or baked fish.

MELTED BUTTER SAUCE

Put three tablespoonfuls of butter in a china cup, stand the cup in a little saucepan of boiling water and let the butter quietly melt. Pour off the top, leaving the sediment in the bottom. Stand the butter aside to harden.

This may be used over vegetables or meat dishes, as directed.

Where a restricted diet must be continued for a long time, and melted butter is admissible, it is wise to melt a half pound at a time in the upper part of a double boiler. Butter melted in this way is called, in cooking terms, "clarified" butter.

TOMATO SAUCE

Peel two solid, good-sized, ripe tomatoes, cut them into halves and squeeze out the seeds. Cut the tomato into bits, put it in a granite or porcelain saucepan, cover and stew fifteen minutes; press through a sieve. Boil this to the proper consistency, take from the fire, add a saltspoonful of salt, five grains of powdered mace, and stir in a level teaspoonful of butter.

This may be used in diabetic or other cases where tomatoes are allowable.

APPLE SAUCE

Wash one large tart apple, cut it into quarters, remove the seeds, slice the apple, put it in a saucepan with sufficient water to cover; cover the saucepan, bring quickly to a boil, and press through a sieve. Add a tablespoonful of sugar and turn it at once into a sauce boat.

Serve with roasted duck or goose.

CRANBERRY SAUCE

Wash a half pint of cranberries, put them into a porcelain or granite saucepan with one gill (a half cupful) of water. Cover the saucepan, bring to boiling point, and press through a sieve. Return the pulp to the saucepan, add two-thirds of a cupful of sugar, stir until the sugar is dissolved, boil five minutes and cool.

GOOSEBERRY SAUCE

Top and tail a half pint of ripe gooseberries, put them in a saucepan with a half cupful of water. Cover, bring to a boil, and press through a sieve. Add two tablespoonfuls of sugar and cool.

Serve with meats.

CELERY SAUCE

Chop fine two of the outside stalks of celery, with the green tops. Put them in a saucepan with a half pint of cold water, cover, boil slowly for thirty minutes, and drain. Thicken with two teaspoonfuls of flour or one of cornstarch moistened with a little water. Add a saltspoonful of salt, take from the fire and add a level teaspoonful of butter and four tablespoonfuls of milk.

For diabetic patients thicken this with the yolk of egg, and omit the cornstarch and flour.

CONDIMENTS

This group, salt, pepper, vinegar, such spices as cinnamon, allspice, cloves, mustard, cayenne, nutmeg, mace, ginger and curry powder, have not the slightest place in diet for the sick. As astringents, some of them may be used to advantage in chronic diarrhœa, or just a suspicion may be used to liven up some tasteless dish that may be beneficial to the patient.

Perhaps white and black pepper, and mustard, are the most dangerous of the group. If pepper is to be used for the sick, and I cannot see why it should be, a half drop of Tabasco is far less injurious and far more palatable than a saltspoonful of black pepper. Black pepper, no matter how finely ground, is indestructible and frequently very irritating, and if used should always be strained out.

When making cinnamon tea or spice tea, always use the whole spices and strain them out.

A dash of nutmeg is an improvement to an ordinary eggnog.

Nutmeg and ginger tea are used in cases of chronic diarrhœa.

Avoid mustard except for outward applications.

In this group we might also place such flavorings as vanilla, bitter almond and extracts of lemon and orange. I can only say avoid them all. Vanilla is truly medicinal, and when made into extract is frequently adulterated with harmful materials.

Use for flavoring the grated yellow rind of an orange or lemon, and fresh fruit juices.

MILK

Milk is a typical or perfect food. By this we mean it contains all the necessary elements to sustain life and build and repair the tissues of the young *mammalia* during the period of rapid growth. It is especially suited to the aged, invalids and diet for the sick. Milk is a food, not a beverage, and must not be taken as a beverage with heavy meals of meat and vegetables. It is not a desirable food for active adults, and when swallowed rapidly like water, produces discomfort and frequently indigestion.

All foods, liquid, semi-solid and solid, should be masticated sufficiently long to be mingled with the mouth secretions. The carbohydrate of milk is lactose or milk sugar, not so sweet as cane sugar, and less liable to fermentation. Milk for the well and for the sick must be perfectly sweet, clean, and should be kept in a cold place, in covered bottles. If left open in the refrigerator, it absorbs odors and flavors of other foods. It may be used warm, hot or cold, according to the physician's orders, but should not in any case be iced.

THE DIGESTIBILITY OF MILK

Milk is difficult of digestion when swallowed rapidly, because the *rennin* in the gastric secretions coagulates it the same as it does when added to milk for junket. This curd remains hard and dense in the stomach for some time, causing discomfort and flatulency. Junket is recommended because it can be masticated and the curd broken up, which aids in its digestion.

Many people think they cannot take milk, that it makes them "bilious," that it disagrees with them; in nine cases out of ten it is because they drink it rapidly. If too weak to masticate it, the patient may hold it in the mouth. Water gruels added to the curd, make it more acceptable and more digestible. If the patient is on the back and the head cannot be lifted, give milk and barley water through an adjustable glass tube. The patient in drawing the milk through the tube excites and draws out the secretions of

the mouth, which mingle with the milk and aid in its digestion.

The following table gives the comparative composition of different milk:

	Human	Cows'	Goats'	Mares'
Fat	3.3	4.0	4.3	1.1
Sugar (lactose)	6.8	4.8	4.0	6.7
Proteids	1.8	3.5	4.6	1.9
Ash	0.2	0.7	0.6	0.3

COMPOSITION OF SKIMMED MILK

	In 100 Parts
Water	90.5
Casein and Albumin	3.5
Milk fat	0.4
Milk sugar	4.8
Mineral matter	0.8

TO CHANGE THE TASTE OF MILK

In cases where milk feeding must be prolonged, and the flavor of raw milk is objectionable, change it, and speak of it to the patient, for the mind has great influence over the palate. The taste is not natural in fevers; even the best of foods are unattractive.

CARAMEL MILK

Put a half cupful of dry sugar into a saucepan and stand it over the fire; in a moment the sugar will melt and begin to smoke; add a half cupful of water, boil a minute, cool and bottle. A few drops added to milk will entirely change its flavor and will not only make it agreeable but attractive to the patient. Caramel will keep for months.

RAISIN MILK

Boil twelve raisins in a cup of water for ten minutes; drain, pressing the raisins, and stand this liquid aside to cool. When cold add it to a quart of milk.

CINNAMON MILK

A stick of cinnamon put into cold milk when it is put away in the morning, or a clove, or a bay leaf, will frequently make it agreeable to people who dislike milk.

TO STERILIZE MILK

Sterilized milk is dead milk. In boiling all the natural micro-organisms are killed. Boiled milk is more difficult of digestion than raw milk, and should never be given to infants except under the responsibility of a physician. When milk is heated to 212° Fahr., the boiling point of water at sea level, it does not necessarily imply that it is sterile after it has been cooled, unless it has been boiled in bottles stopped with cotton plugs or corks before the boiling.

Milk boiled in an open vessel, allowed to cool in it, and kept in it, is frequently far more dangerous than raw milk.

To sterilize milk put the milk into perfectly clean bottles or jars; if bottles, stop with cotton plugs or clean corks—cotton plugs are preferable; if jars, put on the tops, give a single turn, stand them in a kettle of cold water, cover, bring to boiling point and boil continuously for thirty minutes. Take the kettle from the fire, lift the lid, allow the milk to cool in the water and put it at once in the refrigerator.

TO PASTEURIZE MILK

Louis Pasteur, a French chemist of the latter part of the last century, found that milk heated to 165° Fahr. was practically free from dangerous bacteria and still retained a considerable amount of its own life. As pasteurization kills the *enzymes* in the milk and the lactic acid ferment, it must be as carefully cared for as fresh sweet milk.

Put the milk into scalded bottles, stop the necks with cotton plugs that have been thoroughly baked, stand the bottles in a large kettle, pour around enough water at 155°

Fahr. to come to the necks of the bottles or jars; be careful that they do not float. Take the kettle from the fire, or push it to the back part of the stove, where it will remain at this temperature for thirty minutes. Lift the bottles, put them into a pan of lukewarm water, stand under a cold-water spigot and allow a small stream to run in the pan until the water becomes cold. Put them in the refrigerator, and do not remove the cotton plugs until you are ready to use them.

Pasteurization may be done in a big soup kettle or a small boiler. If, however, it is necessary to pasteurize for any length of time, better buy a pasteurizing outfit, which can be purchased at any drug store at little cost. Cotton plugs can also be purchased, and are far better than corks. Before using them, put them on a piece of paper in the bottom of a pan, to bake in the oven until slightly colored; put them at once into a scalded dry fruit jar, screw on the top and they are then ready for use.

MODIFIED MILK (Meiggs')

Mix two ounces of sugar of milk in one pint of pure water; stand it on the ice ready for use. At each feeding, put one ounce of cream in the feeding bottle, one ounce of fresh cows' milk, half an ounce of lime water and one and a half ounces of solution of milk sugar.

ARTIFICIAL MILK

In cases where the infant cannot take even the above amount of cows' milk, make two quarts of skimmed milk into junket. Break up the curd with a fork, and strain carefully; bring the whey to a boil, and while hot add a level tablespoonful of powdered sugar of milk. When cold, add the whites of two eggs to one pint of the whey, shake until the whites are thoroughly blended, add them to the remaining whey and add a half pint of cream. Keep cold.

The writer has used these recipes for a number of years with excellent results.

KOUMYS

Heat two quarts of milk to 100° Fahr., boil together two tablespoonfuls of sugar and two of water; add this to the milk; dissolve a third of a compressed yeast cake in two tablespoonfuls of milk, add it to the milk and fill at once into bottles. Cork and tie down the corks the same as for champagne; stand the bottles upright in a temperature of 65° Fahr. over night; next morning place them carefully on their sides in a cold place, and in twenty-four hours it is ready for use. Open the bottles with a champagne tap.

LEBAN

To make good Leban and Matzoon, directions must be carefully followed. Put two quarts of milk in a pan over the fire; bring it to almost the boiling point and keep it there for twenty minutes. When it is covered with a thick crust or skin take it from the fire and cool to blood heat, 98° Fahr. Then lift carefully one side of the skin and stir in two tablespoonfuls of the Matzoon or Zoolak, and replace the skin carefully without tearing it. Cover the pan, keep it in a warm place, about 75° Fahr. for six or seven hours. You should have by this time a perfectly thick milk jelly. Serve as a milk jelly or remove the skin and stir a moment until it is thin enough to bottle. Bottle and keep on the ice.

Matzoon or Zoolak can be purchased at any first-class drug shop.

This is exceedingly useful in cases of stomach troubles and in fevers where sweet milk disagrees.

KEFIR

Put one quart of fresh new milk in a perfectly clean two-quart fruit jar, stand the jar in a kettle of cold water, cover the kettle, bring to boiling point and boil ten minutes. Remove the jar and allow the milk to cool to 100° Fahr. Crush two Kefilac tablets, add them to the milk in the jar, screw on the top, shake thoroughly, loosen the top, then

stand it aside at a temperature of 75° for twenty-four hours; shake four or five times during the day as the fermentation advances and thick curds form. Stand this aside in a cold place for twenty-four hours, and it is ready for use. It will keep from forty-eight to fifty hours.

In cases of constipation it should be used at the end of the second day. If kefir is to be used any length of time, two pints should be made every day, so the patient will never be without it.

KEFIR WITH EGG

Add, to each feeding of kefir, a tablespoonful of thick cream and the white of one egg, beaten. Put the cream and white of egg in a glass and fill the glass with kefir, stir, and it is ready for use. Excellent in cases of anæmia and tuberculosis.

MILK, EGGS AND BRANDY

Scald a half pint of new milk in a double boiler and stand it away to cool. Separate one fresh egg, beat the white and yolk separately, then mix them together, add a teaspoonful of powdered sugar and beat again. Stir into this mixture a tablespoonful of brandy, pour the mixture into a tumbler and fill the tumbler with the cold scalded milk.

Cold, pasteurized milk or pure raw may be used instead of scalded milk.

MILK, RUM AND ISINGLASS

Purchase a half ounce of the best isinglass; take one little strip which would make a tablespoonful if it were powdered, and pour over it a half cupful of warm water; let it soak for fifteen or twenty minutes, and stir it over hot water until the isinglass is dissolved. Take from the fire, add a teaspoonful of powdered sugar and a tablespoonful of rum. Pour this into a tumbler, and fill the tumbler with cold milk.

ALMOND MILK WITH ISINGLASS

Put one teaspoonful of powdered isinglass into a half pint of fresh milk, soak ten minutes, and when the isinglass is dissolved add six almonds that have been blanched and pounded or ground very fine, and two lumps of loaf sugar. Stir over the fire and cool.

This is sufficient for one feeding.

Almond milk with isinglass is very grateful, if taken warm, in cases of tonsilitis; it is also an excellent food in certain cases of stomach trouble. Strained, with sugar omitted, it may be given in typhoid once or twice a day in place of plain milk.

ASSES' MILK

Cover two level tablespoonfuls of powdered gelatin with a half cupful of cold water, soak ten minutes, then add a half pint of boiling rice or barley water, take from the fire and strain. When cold add one pint of cows' milk.

This will be given the same as milk and barley water in fever cases.

TIGER'S MILK

This is a very desirable hot weather food for old persons who are inclined to diarrhœa. Add to one quart of milk, a quarter teaspoonful of ground cinnamon, the quarter of a nutmeg, grated, two drops of oil of orange, and just a suspicion of ground cloves. Add the well-beaten whites of two eggs and two tablespoonfuls of powdered sugar. Mix, strain and keep in the cold. Add to each tumblerful, at serving time, a tablespoonful of blackberry brandy. Give it slowly through a straw.

ORGEAT

Blanch and pound twenty-four almonds. Put them in a quart of milk, stir well and strain. A very easily-digested and nutritive food. A bland demulcent for an irritated stomach.

MILK AND LIME WATER

Put a tablespoonful of lime water into a half pint of milk; shake it in a fruit jar, turn it into a glass and use at once.

MILK PUNCH

Shake a half pint of cold milk until it has a slight froth on the surface; then add a tablespoonful of sugar syrup and a tablespoonful of brandy or whisky, dust with a little nutmeg and serve.

If admissible, put on top a tablespoonful of whipped cream.

ALBUMINIZED MILK

Put the white of one egg and a half pint of milk into a quart fruit jar, screw on the top and shake it well for a half minute, strain and serve at once. Make sure the jar and top are perfectly clean.

GELATINIZED MILK

Wash a quarter of a box of vegetable gelatin in cold water, drain and add one pint of cold milk, soak in a cold place for one hour. Put this in a double boiler, stir carefully until the gelatin is dissolved, take from the fire, and when cold, add one quart of fresh sweet milk and stand aside in a cold place.

This is very beneficial in cases of inflammatory affections of the alimentary canal, is also useful in whooping cough and for any disease where the mucous membranes are inflamed.

Plain water may be used if desired, but milk gives a greater amount of nourishment.

PLUM PORRIDGE

Stone twenty-four large raisins, cover them with a half pint of boiling water, boil ten minutes and strain. Heat a half pint of milk in a double boiler. Moisten a level

teaspoonful of cornstarch in a little cold milk, add it to the hot milk, stir until it thickens, and add a saltspoonful of salt; add the raisin water and it is ready for use. This is sufficient for two feedings.

ARROWROOT MILK

Put a half pint of milk in a double boiler, add one level teaspoonful of arrowroot moistened in a little cold water, stir until the mixture thickens, cover the vessel and cook ten minutes. One teaspoonful of sugar and two tablespoonfuls of sherry may be added if admissible.

ARROWROOT JELLY

Two Servings

Put a half pint of milk in a double boiler, add two teaspoonfuls of arrowroot moistened in two tablespoonfuls of cold milk; stir until the mixture begins to thicken, cover the boiler and cook fifteen minutes. Turn into a small individual mold and stand aside to cool. This should be shaky and jelly-like, but not too stiff. Serve with powdered sugar and cream.

MILK JELLY

Two Servings

Cover two level teaspoonfuls of granulated gelatin with a half pint of cold milk, soak for thirty minutes, then heat it in a double boiler, or stand the bowl over hot water and stir until the gelatin is dissolved. Strain into two fancy individual molds, and stand at once on the ice. In case of fever, this must be served perfectly plain, without sugar or cream. Convalescing patients may dust it with powdered sugar and serve it with plain or whipped cream.

BLANCMANGE

Two Servings

Put a half pint of milk in a double boiler; moisten a level tablespoonful of cornstarch in three tablespoonfuls

of cold milk, add it to the hot milk and cook until thick; turn at once into individual molds. At serving time, turn these on a dainty dish, dust it thickly with grated macaroon, or sprinkle over some blanched almonds that have been chopped very, very fine, or serve it with plain cream and sugar.

ARROWROOT MILK GRUEL

One Serving

Heat a half pint of milk in a double boiler; add a half dozen raisins split into halves, and a teaspoonful of arrowroot moistened in two tablespoonfuls of milk; cook until thick, and strain. This may be served hot or cold, or, if preferable, without sugar; but in certain cases, as phthisis, for instance, cream may be added; at another time, sugar; never both at the same time, as they are apt to cause flatulency.

FARINA MILK GRUEL

One Serving

Put a half pint of milk in a double boiler, or in a saucepan and heat it over hot water; sprinkle in a tablespoonful of dry farina, stir and cook for twenty minutes. Add a saltspoonful of salt, strain, and use hot or cold.

FARINA BLANCMANGE

Two Servings

Wash one and a half tablespoonfuls of farina, drain, add a half pint of milk, soak an hour; then cook it in a double boiler, until thick, about fifteen minutes; turn into individual molds and serve cold with soft custard sauce, plain cream, or with a little sugar.

GERMAN FLOUR GRUEL

Put one pint of flour into a small strong muslin bag, tie, leaving very little room for swelling. Put this into a saucepan of cold water, bring to boiling point and boil five

hours. When done, strip off the bag, take off the damp outside "skin" of the ball and let it stand in a dry place over night.

To use: Grate enough to make two tablespoonfuls, moisten it with a little cold water, then add a half pint of boiling water and stir until it reaches boiling point; boil about two minutes, take from the fire and when cold add a half pint of fresh milk and a pinch of salt.

This makes an exceedingly nice "bottle food" for infants when starchy foods are admissible.

MEIGGS' FOOD

Soak one level teaspoonful of granulated gelatin in six tablespoonfuls of cold water for a half hour. Moisten a level teaspoonful of arrowroot in two tablespoonfuls of cold water, then add hastily a half pint of boiling water, boil until clear, then add the gelatin, stir until it is dissolved, add two lumps of cut loaf sugar, and when cool add one gill of good cream.

Use warm in cases of diarrhœa.

This also makes a very nice change to the diet of a "bottle baby" who is inclined to constipation. Use sugar of milk in place of cut sugar.

BARLEY GRUEL

One Serving

Put a half pint of milk in a double boiler, add one level teaspoonful of barley meal moistened in a little cold milk; soak an hour, and cook for at least twenty minutes. Take from the fire, add a grain of salt, and cool.

With cream, this makes a nice supper soup for children or the aged.

BARLEY JELLY

Wash two tablespoonfuls of pearled barley through several cold waters, cover with boiling water, boil and drain, throwing the water away. Put it in a granite or

porcelain kettle with a pint and a half of water, boil slowly for two hours, until the quantity is reduced to one pint; strain and stand aside until cold. When cold, this will be a clear, white jelly. Serve it in a small cereal plate, with two or three tablespoonfuls of cream. This is a nice "cereal" for children two or three years of age.

One ounce of barley jelly dissolved in six ounces of sweet milk, with two tablespoonfuls of cream added, is recommended for a child, a year old, who is troubled with constipation; it may be used twice a day, as long as necessary.

BLACK CURRANT GRUEL

Stir two tablespoonfuls of black currant jelly into one quart of boiling water, boil rapidly fifteen minutes, strain and add two teaspoonfuls of arrowroot moistened in a little cold water; bring again to boiling point and stand it near the ice to use as wanted.

Useful in cases of diarrhœa.

BLACKBERRY GRUEL

Wash two tablespoonfuls of ordinary rice through several cold waters; add one quart of water, bring to boiling point and keep it just below boiling point, for one hour. Strain, add one whole clove, a bit of cinnamon one inch long, a half teaspoonful of dry Jamaica ginger and a half tumblerful of blackberry jelly or jam, bring to boiling point and cover in a warm place for a half hour. Strain through two thicknesses of cheesecloth and stand near the ice.

This is very useful in cases of acute or chronic diarrhœa and in dysentery. It is nutritious and astringent.

RICE GRUEL

Follow the directions given for Barley Gruel, using a tablespoonful of rice flour in the place of a tablespoonful of barley meal.

LENTIL MILK GRUEL

This is used considerably in the German hospitals for nursing mothers.

1 pint of milk
2 level tablespoonfuls of lentil powder
A saltspoonful of celery seed
A saltspoonful of salt

Put the milk in a double boiler, add the meal moistened in a little cold water, soak an hour, add the celery seed and salt, cover the saucepan and cook thirty minutes; and it is ready for use. This will make two meals. Divide it and put one part aside to cool; reheat at serving time.

YE PERFECT FOOD

½ pint of milk
½ pint of chicken broth
2 level tablespoonfuls of pearled sago
Yolks of two eggs

Put the sago into the broth and stand it aside over night; next morning bring it to boiling point and cook until the sago is transparent; add the milk, take from the fire, add a palatable seasoning of salt, and stir in the yolks of the eggs that have been carefully beaten with two tablespoonfuls of milk or cream.

This is an exceedingly concentrated, nutritive and palatable food. The quantity given will make three feedings.

SCORCHED RICE GRUEL

Six Servings

2 tablespoonfuls of rice
A piece of cinnamon two inches long
2 quarts of water
1 tablespoonful of orange marmalade
A pint of milk

Put the rice in a pan, stir in the oven until well browned, then grind it in the coffee mill. Add to it the water and cinnamon and cook slowly for two hours; add the orange marmalade and strain. Add the milk and stand aside at once to cool. There should be one and a half quarts of gruel when finished.

Use cold in cases of diarrhœa. It may be served hot or cold.

BROWNED RICE FLOUR GRUEL

Put a half pound of rice flour into a granite baking pan in the oven; shake and stir it, now and then, until every little grain of the flour is lightly browned. Take it from the oven and when it is cold put it in a glass jar, and cover it.

To Make the Gruel: Moisten two tablespoonfuls of the browned flour in six tablespoonfuls of cold water, add a half pint of freshly-boiled water, stir until boiling and cook over a slow fire for a half hour.

Serve plain, or with milk, or add two tablespoonfuls of cream. With an addition of an equal quantity of milk this makes an admirable summer bottle food for infants with teeth, especially where there is an inclination to diarrhœa. It is also an excellent food for the aged and those who have weak digestion.

GUM AND MILK GRUEL

Put one ounce of finely-powdered white gum Arabic in a half pint of cold water, soak for two hours, add a pint of new milk, three lumps of loaf sugar or a large tablespoonful of honey, and stir over the fire until the gum is dissolved. Strain, and when cool add a tablespoonful of port wine, if admissible.

This is exceedingly good in cases of throat trouble, and with an additional pint of milk is frequently used in cases of tuberculosis.

CORNMEAL GRUEL

Wash six tablespoonfuls of yellow or white granulated cornmeal through several cold waters; after the last washing let it settle and pour off the water; add four tablespoonfuls of this washed meal to a quart of boiling water, boil carefully two hours, strain and stand aside until wanted. At serving time, heat sufficient for one feeding—about two-

thirds of a cupful—pour it into a bowl over two tablespoonfuls of whipped cream, stirring all the while, and add a saltspoonful of salt.

ARROWROOT GRUEL

Moisten a teaspoonful of arrowroot in two tablespoonfuls of cold water; add slowly a half pint of boiling water, and boil ten minutes. Pour, while hot, into the well-beaten white of one egg, add a saltspoonful of salt and serve. Cream may be substituted for egg if so desired.

MEIGGS' GRUEL

Put a level tablespoonful of gelose into a bowl, add a pint of milk and stand it in a cold place for one hour. Then add six almonds that have been blanched and chopped very fine; put it in a double boiler and cook until the gelose is dissolved, strain, add three lumps of loaf sugar and four tablespoonfuls of cream.

This may be used in hyperacidity, omitting the sugar; for children, hot or cold in place of milk. In typhoid omit sugar and use it cold.

WINE WHEY

Put one pint of milk into a saucepan; heat gently to 160° Fahr., add four tablespoonfuls of sherry, strain through two thicknesses of cheesecloth and it is ready for use.

A quart of this may be made early in the day and kept in a cold place, and used as needed. The recipe is for a single feeding.

RENNET WHEY

Heat a quart of milk to blood heat; add one teaspoonful of rennet essence dissolved in two tablespoonfuls of water; allow the milk to stand until it solidifies; then break the curd with a fork or egg beater, turn it into a cheesecloth and allow it to drain; put at once into a cold place and use as needed.

LEMON WHEY

Heat a pint of milk to 160° Fahr., add hastily the juice of a lemon, strain and use. This may be sweetened if sugar is allowed.

TAMARIND WHEY

Heat a pint of milk to 160° Fahr. Stir in a tablespoonful of tamarind pulp that has been moistened in a little water; as soon as the curd separates, strain and stand aside to cool.

This is exceedingly good in cases of fever or chronic constipation.

ALBUMINIZED WHEY

Heat one quart of milk to 98° Fahr., add two tablespoonfuls of rennin essence or two junket tablets. Stand this aside until the milk solidifies, then break it with a fork, and strain it through cheesecloth, saving the whey. When the whey is perfectly cold, put half of it into a quart jar and add the unbeaten whites of two eggs. Screw on the top of the jar, shake until the eggs and whey are thoroughly blended, strain through a fine sieve into the remaining portion of whey, and stand aside in a cold place.

Use in cases of acute gastritis.

POSSET

Put a half pint of milk in a saucepan; heat to 160° Fahr., add four tablespoonfuls of good sherry and three lumps of loaf sugar; stir for a moment, bring to a boil and strain.

MULLED PORT WINE

Put one clove, a grating of nutmeg, a bit of stick cinnamon, a little piece of mace and a bay leaf in a saucepan, with a half cupful of milk; bring to a boil, add six tablespoonfuls of good port wine and two lumps of loaf sugar and strain.

This is usually served warm with tiny bits of toasted bread.

Claret may be used in cases where port does not agree and water may be substituted for milk.

CLOTTED CREAM

Strain new milk into shallow round granite or new tin pans and stand it in a cold place over night. In the morning lift the pans carefully, place them over a mild fire and heat slowly until the milk reaches 200° Fahr. Watch carefully and you will notice a ring appearing on the top of the cream; if the sides of the pan slant, the ring will be the size of the bottom of the pan. Take from the fire and stand away in a cold place for twenty-four hours. The cream will now be a compact, thick mass; lift it carefully with a skimmer, put it into glass tumblers and keep on or near the ice.

VELVET CREAM

One Serving

Cover one teaspoonful of granulated gelatin with two tablespoonfuls of milk, soak thirty minutes, add four tablespoonfuls of milk, stir it carefully over hot water until the gelatin dissolves; then add a half cupful of cream, mix and turn at once into an individual mold or a glass punch cup; stand aside until it solidifies. This may be served plain or with extra cream. Where sugar is allowable, add a tablespoonful to the heating gelatin.

TO WHIP CREAM

Cream, to whip well, must be at least thirty-six hours old and very cold; put it in a bowl, stand the bowl in another of cracked ice and, with an ordinary egg beater, or a wire spoon, whip quickly, until it is solid to the bottom. Stop whipping, or it will be greasy. Serve heaped on a dainty glass dish or in a punch cup. It may be flavored with sherry or a little grated yellow orange rind, or it may be dusted with the powdered sugar.

RENNET PUFFS

Heat a quart of milk until lukewarm, add a tablespoonful of rennet essence or a junket tablet, mix and stand aside thirty minutes. Stir the mixture, which should now be solid, until the curd is separated from the whey; drain through a sieve. Put the curd in a bowl, add a tablespoonful of melted butter, a half teaspoonful of salt, and if admissible a dash of pepper; beat, with an egg beater, until very light, fill it into little custard cups and stand them on the ice. At serving time turn the "puff" from the cup, pour over plain cream and serve. A few blanched, unroasted almonds are a nice accompaniment.

SCHMIERKASE

Few persons realize the difference between genuine schmierkase and ordinary cottage cheese. To make the "kase" turn two quarts of milk in a pan and stand it in a warm place until it forms a thick curd. Cut the curd with a knife so it will separate nicely from the whey. Pour over two quarts of boiling water, turn it in a muslin bag, and hang it to drain, over night. In the morning put the portion to be served into a bowl and beat with an egg beater at least two minutes; season lightly with salt, and add sufficient sweet cream to make it the desired consistency, beat again, put it into the serving dish, put a tablespoonful of thick cream over the top and stand aside to cool.

MULLED BUTTERMILK

Put one quart of buttermilk in a double boiler over the fire until the water in the underneath boiler boils rapidly; add one tablespoonful of cornstarch moistened in a little cold water, stir this for a minute, add the beaten yolks of three eggs, stir, over the fire, a minute longer. Take from the fire, add a pint of cold buttermilk and stand aside to cool. Serve warm or cold.

Good in cases of alcoholism.

RECIPES FOR THE PREPARATION OF PEPTONIZED MILK

QUICK PROCESS

Put one ounce of pure cold water into a tumbler, dissolve it in quarter of the contents of a Fairchild's peptonizing tube; stir this for a minute, add four ounces of milk that has been heated to 98° Fahr., stir and use immediately, sipping slowly.

COLD PROCESS

When warm peptonized milks are objectionable, use the cold process. Select a clean quart fruit jar, put in the contents of a Fairchild's peptonizing tube, add one gill of cold water, stir carefully for at least two minutes, then add one pint of sweet milk; screw the top on the jar and shake thoroughly. Stand the jar in the top of the refrigerator, next to the ice. Do this about one hour before feeding time. When needed, shake the jar again, pour out the required portion and use the same as ordinary milk. Keep the remaining quantity next to the ice.

PARTIALLY PEPTONIZED MILK

Put into a glass jar the contents of one of Fairchild's peptonizing tubes, add one gill of cold water, stir a minute and add a pint of sweet, fresh milk; stand the jar in a saucepan of cold water, stir constantly until the water surrounding the jar boils, then stand aside to cool. When cold pour this carefully into a clean receptacle and put it in the ice chamber. Shake the bottle each time before pouring out the required portion.

This may be served cold or hot, as the case may require, and according to the physician's orders. If this is carefully prepared it is much more palatable than ordinary peptonized milk.

PEPTONIZED MILK

Put the contents of one of Fairchild's peptonizing tubes in a clean quart jar, add one gill of cold water, stir one minute, add a pint of fresh, sweet milk, screw the top on the jar and shake until thoroughly mixed. Place the bottle in a saucepan of warm water, about 150° Fahr., keep it there for ten minutes, then remove the bottle and place it near the ice. The degree of digestion required may be regulated by the length of time that the jar is kept in the warm water. Sometimes five minutes will answer; where more thoroughly digested milk is required ten or fifteen minutes is sufficient.

PEPTONIZED GRUEL

Milk gruels may be peptonized according to the preceding recipe. Arrowroot, German flour gruel are perhaps the best of the farinaceous materials to be chosen.

PEPTONIZED MILK WITH CARBONATED OR EFFERVESCING WATERS

Fill the glass half full of the peptonized milk, add two or three tablespoonfuls of shaved ice (if the ice is pure), and fill the glass from a siphon of the effervescing waters.

The following recipes for digested and partly-digested foods are printed by permission of Fairchild Brothers and Foster, and are intended for Fairchild's Peptonizing Tubes, their Essence of Pepsin and other digestive ferments.

LAIBOSE

This preparation is made from the solids of milk, mixed with entire whole wheat, well cooked. The average approximate composition of laibose is as follows: Total dry solids, 94%; protein 18%; fat 17%; carbohydrate 55%; ash potassium and lime phosphates, etc.) 4%—a nutritive balance of one part of protein to three of carbohydrate; and

a heat and energy (caloric) coefficient of five to one of protein.

LAIBOSE FORMULAS

	Fat	Protein	Carbohydrate	Ash	Total Solids.
1. Laibose 1 ounce, Water 5 ounces	2.83%	3.00%	9.2 %	0.65%	15.68%
2. Laboise 1 ounce, Water 6 ounces	2.43%	2.56%	7.86%	0.56%	13.41%
3. Laibose 1 ounce, Water 7 ounces	2.13%	2.25%	6.87%	0.5 %	11.75%
4. Laibose 1 ounce, Water 8 ounces	2.00%	2.00%	6.00%	0.5 %	10.50%
5. Laibose 1 ounce, Water 9 ounces	1.7 %	1.8 %	5.5 %	0.4 %	9.40%

A heaping tablespoonful of Laibose is approximately 1 ounce, avoirdupois.

Laibose 1 Oz. Calories	Protein 18%	22.50	calories
	Fat 17%	46.07	"
	Carbohydrates 55%	62.63	"
		131.20	

DIRECTIONS FOR THE USE OF LAIBOSE

Two level tablespoonfuls or one heaping tablespoonful (one ounce by weight) is a convenient and usual proportion. Put the Laibose into a dry porcelain bowl, moisten with a little cold water, stirring until smooth; then add boiling water to suit. Laibose may, however, be mixed simply with cold water and taken without cooking.

SPECIALLY PEPTONIZED MILK

For Making Milk Jelly, Milk Punch, Milk Lemonade, and for use with Fruit Juices or Acids

Peptonize a pint of milk by the "Warm Process," keeping the bottle in the water bath for one hour; pour the peptonized milk into a saucepan and heat to boiling,

when it is ready for use if it is required hot; or it may be put on ice, in a bottle or any suitable container, to be used for punches, lemonade, etc.

It is necessary to peptonize the milk quite completely —for one hour—so that it will not curdle when mixed with lemon juice or acid. The bitter taste of this "specially peptonized milk" is not evident in the jellies, punches, etc., and these foods are very agreeable and exceedingly assimilable.

PEPTONIZED MILK JELLY

1 pint "specially peptonized milk," hot
½ box best gelatin
Sugar to taste
Rinds and juice of one fresh lemon and orange
2 or 3 tablespoonfuls best St. Croix rum, or brandy, etc.

Soak the gelatin in a teacupful of cold water, pour the hot milk over it and add the sugar; stir until dissolved, then throw in the lemon and orange rinds.

Squeeze the juice of the lemon and orange into a glass and strain; stir in the rum or brandy, etc., then mix with the milk and gelatin; strain.

When the mixture has cooled to a syrup so as to be almost ready to set, pour into molds or glasses wet in cold water and put on ice or in cold water or in a cold place to harden; if it is too warm when poured into the molds, it is apt to separate in setting.

PEPTONIZED MILK PUNCH

Take a goblet about one-third full of finely-crushed ice, add a tablespoonful of St. Croix rum, a dash of curacao, or any liquor that is agreeable to the taste; fill the glass with "specially peptonized milk," stir well and grate a little nutmeg on top.

"Specially peptonized milk" may be used in the same way as fresh milk in making punches—with St. Croix rum or Jamaica, or any spirits that may be preferred.

PEPTONIZED MILK LEMONADE

Take a goblet one-third full of finely-crushed ice; add the juice of a lemon, and sugar to taste; fill the glass with "specially peptonized milk" and stir well.

If preferred, equal parts of the peptonized milk and mineral water may be used instead of milk alone, the mineral water being first poured on the ice and then the milk added; this makes a very agreeable effervescing punch.

HOT PEPTONIZED MILK AS A BEVERAGE

Hot peptonized milk is a grateful and nourishing beverage for invalids, dyspeptics, diabetics and consumptives. In many cases, it is most helpful in the morning, taken upon rising, or with breakfast, and it is excellent at any time when one suffers from exhaustion with intolerance of solid food. There is nothing better in the way of nourishment to take before retiring than hot peptonized milk, and at the table it is a good substitute for tea or coffee.

PEPTONIZED MILK WITH CEREALS

Oatmeal, rice, hominy, etc., are more readily digestible when taken with peptonized milk, and its use with the various cereals is especially recommended for young children and children with defective digestion.

PEPTONIZED MILK GRUEL

Mix a half pint of well-boiled hot gruel with a half pint of cold fresh milk and strain into a pitcher or jar; add immediately the powder contained in one of the Peptonizing Tubes (Fairchild) and stir until it is dissolved. Put the pitcher or jar in a hot water bath or warm place for five minutes; then pour the mixture into a clean bottle and place on ice; serve hot or cold.

The gruel may be made from arrowroot, wheat flour, barley, or oatmeal, etc.; but in each instance the farinaceous

material should be boiled with water until the starch granules are thoroughly swollen and broken up.

PARTIAL DIGESTION OF FARINACEOUS FOODS AT THE TABLE

To a dish of well-cooked porridge of oatmeal, wheaten grits, or rice, etc., as warm as agreeable, add one or two teaspoonfuls of Diazyme Essence and stir for a few minutes, until thoroughly mixed.

The food must not be hotter than can be agreeably borne by the mouth, or the digestive principle will be destroyed.

Extractum Pancreatis may be used in the same manner, a measureful of the dry powder instead of a teaspoonful of Diazyme Essence. This powder imparts no taste or odor to the food and is handy to use. It contains also the other digestive principles—those capable of digesting milk, fat, etc., and thus aids in the digestion of the foods taken with the cereal.

PEPTONIZED BEEF

To a quarter pound of finely-minced, raw lean beef add a half-pint of cold water; cook over a slow fire to boiling and boil for a few minutes, stirring constantly from the beginning. Pour off the liquor and set it aside; rub the meat to a paste and put it into a clean glass jar or bottle with the liquor and a half pint of cold water; add

Extractum Pancreatis ..... 4 measures* (20 grs.)
Soda Bicarbonate ..... 1 measure (15 grs.)
mixed thoroughly into one powder;

shake all well together and stand in a warm place, about 110 to 115° Fahr., for three hours, stirring or shaking occa-

*Extractum Pancreatis can be obtained of any druggist, in 1 oz. bottles. With each oz. package are two measures—one for 5 grs. Extractum Pancreatis and one for 15 grs. Soda Bicarbonate.

sionally, then boil quickly, strain, or clarify with white of egg in the usual manner; season to taste.

This final boiling is essential; if omitted, digestion will progress until the food is spoiled.

For the great majority of cases, it is not necessary to strain the peptonized beef, for the portions remaining undissolved are so softened under the action of the Extractum Pancreatis that they are diffused in an almost impalpable condition—in a form readily susceptible to digestion in the body.

Chicken meat, alone, or mixed with an equal portion of beef, may be prepared in the same way.

A cereal gruel, of wheat, arrowroot, etc., may be incorporated with the beef, thus giving a food combination that is often highly desirable.

The gruel is prepared in the usual manner, the dry cereal mixed perfectly smooth with cold water and cooked slowly in a double boiler until gelatinized. Four ounces of this gruel may be added to the meat paste, liquor, water and peptonizing powder as directed above, and the further details of the process carried out just as with the beef alone.

The Extractum Pàncreatis will at the same time digest both the meat and starch (of the gruel). The broth with the cereal is more agreeable than when made of meat alone.

The peptonized beef or peptonized beef and cereal may also be made into a jelly.

PEPTONIZED OYSTERS

(Originally Suggested by Dr. M. A. Randolph)

To a half dozen large oysters with their juice add a half pint of cold water; heat in a saucepan to boiling and boil briskly for a few minutes; pour off the broth and set it aside.

Mince the oysters finely and reduce to a paste with a potato masher, in a wooden bowl; put in a glass jar with the broth and add

Extractum Pancreatis ..... 3 measures* (15 grs.)
Soda Bicarbonate ..... 1 measure (15 grs.)
mixed thoroughly into one powder.

Let the jar stand in hot water or in a warm place, where the temperature is not above 115° Fahr., for an hour and a half. Then pour into a saucepan, stir in a half pint of milk and heat slowly to boiling point. Season to taste and serve hot.

The boiling is essential—to prevent further digestion and keep the broth from spoiling.

If heated gradually, the milk will be sufficiently digested before the mixture boils.

The very small bits of oyster that remain undissolved may be strained out, or rejected in eating the soup, but are rarely unacceptable to the stomach.

*Extractum Pancreatis can be obtained of any druggist, in 1 oz. bottles. With each oz. package are two measures—one for 5 grs. Extractum Pancreatis and one for 15 grs. Soda Bicarbonate.

FOODS

PANOPEPTON—FOOD FOR THE SICK

The entire soluble digestible substance of beef and wheat is sterile solution, perfectly assimilable; designed especially for patients under conditions where the ordinary foods are unsuitable or intolerable. Analysis on label.

LAIBOSE—A FOOD

The solids of pure whole milk and the entire digestible substance of whole wheat in a dry granular form; highly concentrated, standardized, definitely "balanced"—no cellulose, no cane sugar. Made ready by dilution with water. Analysis on label.

ENEMOSE—FOR COLONIC ALIMENTATION

Entire substance of beef and wheat in highly diffusible solution, concentrated, non-coagulable, proteins mostly in state of ultimate cleavage, fitted for absorption. To make ready dissolve in warm water. Analysis on label.

PANOPEPTON IN VARIOUS WAYS

In cases where the prolonged use of Panopepton is necessary, there is, in addition to the usual manner of giving it, quite a variety of ways of making it pleasing and grateful to the invalid; the following are suggested:

ICED PANOPEPTON

To a small glass half full of clean crushed ice add one tablespoonful of Panopepton; let it stand a moment and then sip slowly.

PANOPEPTON JELLY

One ounce fresh Celery (cut in small pieces)
One-half (½) of a small box best Gelatin
One-quarter teaspoonful ..... Salt
Two dashes ..... Pepper
Six tablespoonfuls ..... Panopepton
Two cupfuls ..... Cold Water

Soak the gelatin in one-half cupful of cold water for one hour; put the water and celery in a double boiler on the fire and simmer one-half hour; add the salt, pepper, and soaked gelatin and stir until it is dissolved; remove from fire, add Panopepton, stir, and strain through linen into a jelly jar, and set near ice. Serve in small quantities.

PANOPEPTON JELLY WITH ORANGE

One-half (½) of a small box best Gelatin
One tablespoonful ..... Sugar
Six tablespoonfuls ..... Panopepton
The juice and peel of one ..... Orange
One pint ..... Cold Water

Put the gelatin, orange peel (cut in small pieces), orange juice, and cold water in a dish and let it stand for one hour, then put in a double boiler on the fire, add the sugar and stir until it is dissolved; now strain through linen, add the Panopepton and stir well. Pour into a jelly jar and set near ice. Serve in small quantities.

PANOPEPTON—HOT

To a small teacup two-thirds full of boiling water, add one tablespoonful of Panopepton, and one teaspoonful of fresh lemon juice—a little sugar, if desired—stir. Drink immediately, sipping slowly.

PANOPEPTON BOUILLON—HOT

Put one tablespoonful of Panopepton into a small teacup; fill the cup nearly full of boiling water, and flavor to taste with celery salt, or plain salt and pepper; stir, and sip slowly.

PANOPEPTON CORDIAL

Put into a cordial glass—or any small glass—two teaspoonfuls of clean crushed ice; add one teaspoonful of Fairchild's Essence of Pepsin and three teaspoonfuls of Panopepton. Sip slowly.

PANOPEPTON WITH WHEY

Put into a small teacup one or two teaspoonfuls of clean crushed ice; add one tablespoonful of Panopepton, stir, then fill the cup with whey. Drink slowly.

JUNKET AND WHEY

The milk foods familiarly known as junket and whey are now included in the modern "diet list" for the sick, convalescent, invalid and dyspeptic. The prestige of these foods is directly due to the certainty and satisfaction with which they have been long prepared by means of Essence of Pepsin.

THE JUNKET, SOFT, SEMI-SOLID MILK

so prepared presents the entire milk in a semi-solid, jelly-like form, especially agreeable to patients who are obliged to refrain for the most part from solid food, and who do not well tolerate plain milk. The junket gives a sense of substance, yet is extremely diffusible and digestible. It may be made extra nutritious by the addition of an egg (or yolk); may be flavored if desired—with coffee, cocoa, vanilla, etc. The plain junket is often used to great advantage in the dietary of children after weaning.

THE WHEY

ITS ANALYSIS

Proteins (soluble)	0.79%
Lactose	4.73%
Ash	0.44%
Fat	a trace

contains the soluble albuminoids, sugar and saline constituents of the milk and (in suspension) the particles of casein and fat which may pass through the strainer. Whey is excellent as a means of varying the diet of the sick, often of special service in fevers—allaying thirst, refreshing, nourishing; proves a valuable resource as a food for infants in cases of difficult feeding and under conditions where "rest feeding" is indicated.

TO MAKE JUNKET AND WHEY

JUNKET

Into a small clean bowl put one teaspoonful of Pepsencia (Essence of Pepsin, Fairchild) and add one-half pint of fresh cool milk; stir gently to mix thoroughly. Place the bowl containing the milk and Pepsencia in a dish or pan of larger size and pour into the larger dish or pan boiling water sufficient to come to the level of the mixture. Let the bowl stand in the hot water for two minutes, then remove and let it stand until the milk is firmly jellied, when the junket is ready for use, just as it is, or with sugar, grated nutmeg, etc. To keep the junket, put it on ice or in a very cold place.

If preferred, the milk and Pepsencia as soon as thoroughly mixed in the bowl may be divided into small cups, these placed in a dish or pan, boiling water poured around them and the rest of the directions followed as above. The junket in small cups is more attractive to the patient.

WHEY

Prepare junket by the formula above (using a pint of milk and two teaspoonfuls of Pepsencia if a larger quantity of whey is desired). When the milk is firmly jellied, beat with a fork until it is finely divided, then strain, and the whey (liquid part) is ready for use. The whey must be kept cold—on ice or in a very cold place.

WHEY AND MILK MODIFICATIONS

If the whey is to be used with milk, in a milk-and-whey modification, it should be heated to at least 150° Fahr. as soon as strained; if not thus heated, it will curdle the milk. The whey may be strained quite clear if this seems desirable.

WHEY WITH GRAPE JUICE

Prepare whey with Pepsencia as directed, using one pint of milk; strain through cheesecloth to remove curds; add the juice of one lemon, one pint of grape juice, and sugar to sweeten; strain again through cheesecloth and place in ice chest; serve on finely-cracked ice, or with an equal quantity of carbonic water; or freeze and serve as an ice. The lemon juice may be omitted, in which case the sugar is unnecessary.

EGG JUNKET

Beat to a froth one strictly fresh egg; sweeten with one or two teaspoonfuls of sugar; stir in thoroughly one-half pint of fresh cool milk; add one teaspoonful of Pepsencia; stir again to mix thoroughly; divide into small cups if preferred; prepare in precisely the same manner as the plain junket. A little nutmeg or cinnamon may be grated over the junket. To keep the egg junket, put it on ice or in a very cold place.

COCOA JUNKET

Mix an even tablespoonful of any good cocoa with two teaspoonfuls of sugar; scald with two tablespoonfuls of boiling water; rub this paste smooth; stir in thoroughly one-half pint of fresh cool milk; add one teaspoonful of Pepsencia; stir again to mix thoroughly; divide into small cups if preferred; prepare in precisely the same manner as the plain junket. This cocoa junket may be placed on ice and taken cold; as a dessert, may be served with whipped cream.

COFFEE JUNKET

Dissolve two teaspoonfuls of sugar in two tablespoonfuls of clear strong coffee; stir in thoroughly one-half pint of fresh cool milk; add one teaspoonful of Pepsencia; stir again to mix thoroughly; divide into small cups if pre-

ferred; prepare in precisely the same manner as the plain junket. This coffee junket may be placed on ice and taken cold; as a dessert, may be served with whipped cream.

VANILLA, BITTER ALMOND OR STRAWBERRY JUNKET

Add the flavoring—a half teaspoonful of vanilla, or bitter almond extract, or a tablespoonful of pure concentrated strawberry syrup, to a half pint of fresh cool milk; add a teaspoonful of Pepsencia and prepare as usual.

FROZEN JUNKET

Prepare junket with Pepsencia as directed; add one-half the quantity of pure cream; pour at once into the freezer and freeze the same as ice cream.

EGGS

Eggs are next in importance to milk in diet for the sick, and for invalids, children and the aged. They are nitrogenous, taking the place of meat, fish or milk.

The digestibility of an egg is governed largely by the method of cooking. Coddled, poached or soft boiled, they are easily digested. A raw egg eaten unseasoned is not so quickly digested as one lightly cooked. An ordinary hard-boiled egg is very difficult of digestion, both yolk and white. When properly hard boiled, however, the yolk is quite as easy of digestion as a soft-cooked egg.

The yolk of an egg is frequently added to liquid foods to increase their nutritive value. In cases of chronic or acute gastritis and flatulent dyspepsia, the white of an egg is more easily digested than the yolk. It may be beaten with fruit juice, or thoroughly shaken with milk or any of the water gruels.

Eggs may be used freely in tuberculosis, asthma, tonsilitis, quinsy and chronic diarrhœa, the white should be avoided by those who are subject to flatulency, gastritis with dilatation, chronic gastritis, intestinal catarrh and Bright's disease.

Wash the shells of all eggs thoroughly before cooking them.

To ascertain the freshness of an egg without breaking it, drop it in a bucket of cold water; if it topples around in the water or stands on its ends, it is fairly fresh, but should be rejected as food for invalids; if it floats do not use it at all; but if it sinks quickly to the bottom and falls on its side it is perfectly safe.

CODDLED EGGS

This is one of the best methods of cooking eggs for the sick.

Drop one or two eggs into a quart of boiling water; the water may be either in a kettle, or a saucepan with a lid;

cover and stand on a table away from the fire, six minutes, or if the eggs are to be served very soft, five minutes. Serve in a hot cup. If cooked correctly the white will be congealed but soft, while the yolks will be quite well cooked.

SHIRRED EGGS

Select a small individual egg dish or ramekin, cover the bottom with a few fresh bread crumbs, drop in one fresh egg, stand the dish in a pan of hot water and in a moderate oven until the egg is "set" and looks like a poached egg; dust it with salt, put on a bit of butter and serve at once.

POACHED EGGS

Drop a perfectly fresh egg into a saucepan of boiling water; sprinkle over a little salt, and pull the pan to the side of the stove where the water cannot possibly boil. Have ready a piece of toast the shape of the egg but a little larger; butter it quickly, lift the egg on an egg-slice or skimmer, with a spoon cut off the ragged edges, and slide it carefully on the toast.

EGGS, HUNGARY

Boil four tablespoonfuls of rice in plenty of water; when very tender, drain, and arrange neatly in the center of an individual platter; put on top a nicely poached egg, and, on top of this, a tablespoonful of cream sauce.

EGGS, VIRGINIA

Score the center of each row of grains on one ear of corn; with a dull knife scrape out the pulp, being very careful not to get one particle of the hull. Put the pulp in a saucepan or cup, stand it over hot water for twenty minutes, until thoroughly cooked. When ready to serve, put a round of toast in the middle of the platter, season the corn with a little salt, add a tablespoonful of cream,

and pour it over the toast. Place in the center one well-poached egg. Dust with salt and serve.

An excellent luncheon for a child or the aged.

FRENCH POACHED EGGS

Fill a deep saucepan two-thirds full of boiling water, put it over a quick fire where it will boil rapidly. Take a wooden paddle or spoon, stir rapidly around the edge until the water forms a whirlpool, with a hole in the center. Break two fresh eggs into two saucers, drop one in the center of the water, keep up the whirling, drop in the second, keep the spoon going around the edge until the eggs are coagulated on the outside. Lift them carefully with a skimmer and put at once into an egg cup.

The French fry their eggs in the same manner, keeping the fat whirling. Fried eggs cannot be recommended, however, for the sick.

EGGS à la MARTIN

One Serving

Rub a teaspoonful of butter and a teaspoonful of flour together and add four tablespoonfuls of milk; stir over the fire until the milk reaches boiling point, add a quarter of a teaspoonful of salt and a dash of black pepper. Put half of this sauce in a ramekin dish, break in one whole egg, put the remaining sauce over the top, dust over a few bread crumbs, stand the dish in a pan of water and bake until the white of the egg is "set." Serve at once.

FLUFFED EGGS

Separate one egg, being very careful not to break the yolk. Stand the yolk in the shell in a dish of salt or flour, anything that will keep it straight; beat the white until it is very light, put it in a saucer or an individual dish, make a little well in the center, drop in the yolk, stand the dish in a pan of hot water, cover and steam for about a minute and

a half; take from the fire, put a piece of butter, the size of a large pea, on the yolk, dust it with a little salt and serve it at once. This is one of the most easily-digested of all the egg dishes; it is not only palatable, but sightly.

EGG FLIP

Separate an egg; beat the white until it is very, very stiff; add a teaspoonful of powdered sugar, beat again, drop into it the yolk and beat until mixed; if admissible, add a teaspoonful of brandy; heap this into a glass saucer, dust with powdered sugar, and serve.

In incurable troubles, where all food seems to disagree, the stomach will frequently bear an egg flip with ease. Of course the brandy may be omitted; sherry may be added or it may be served plain; do not add flavoring extracts of any kind.

SNOW EGGS

Beat the white of one egg to a stiff froth. Put a half pint of milk in a double boiler, drop the white by spoonfuls on the top of the hot milk, let them stand a moment, lift them with a skimmer and put them on a breakfast plate. Repeat until all the white has been cooked. Moisten a teaspoonful of arrowroot in cold milk, add it to the hot milk, cook until smooth, add two teaspoonfuls of sugar and the yolk of the egg, stir until hot, take from the fire, add a tablespoonful of sherry and stand aside to cool. When cold dish the white of the egg in a pyramid, pour around the custard, and they are ready to serve.

EGG CORDIAL

Separate an egg, beat the white to a stiff froth, add a teaspoonful of powdered sugar and beat again until fine and dry, stir in one tablespoonful of cream beaten to a stiff froth, and a tablespoonful of brandy. Turn into a glass and serve at once.

GOLDEN NOG

Beat the white of an egg until it is very, very stiff. Half fill a lemonade or punch glass with strained orange juice, float the beaten white on top, heaping it up daintily.

Other fruit juices may be used in the same fashion, but orange, grape and apple are the most palatable.

Excellent in cases of typhoid.

EGGNOG

Separate an egg; beat the white until light, add the yolk, beat again, add a tablespoonful of granulated sugar, beat for a moment and add three ounces of milk. Pour the mixture backward and forward from one tumbler to another and finally pour it into a perfectly clean tumbler, dust over a little grated nutmeg and use at once.

FRENCH EGGNOG

Beat the white of an egg until stiff, add the yolk and beat again. Pour over it hastily three ounces of scalding hot milk, pour from one tumbler to another for a moment, and, if admissible, add a tablespoonful of whiskey or brandy; turn into a clean tumbler, dust lightly with nutmeg, and serve.

EGG AND WHEY

Separate an egg, beat the white until it is stiff, add the yolk and beat again; add to this three ounces of rennet whey and a tablespoonful of good cream. Pour backward and forward from one tumbler to another for a moment, turn it into a clean tumbler, dust with a little nutmeg and serve.

EGG PUNCH

Separate an egg and beat the white until it is very stiff. Beat the yolk, pour into it two-thirds of a cupful of boiling water, beating all the while, add a tablespoonful of granu-

lated sugar and the white, and pour at once into a clean tumbler. Serve plain or flavored with brandy, sherry, port or whiskey, according to orders.

EGG AND SHERRY

Put six tablespoonfuls of sherry into a small tumbler, and drop into it a small fresh egg. The egg must be swallowed whole.

EGG AND MULLED WINE

Put a half cupful of sherry or port into a saucepan; add a small piece of stick cinnamon and a clove, heat over hot water, and pour, while hot, into one well-beaten egg, strain, turn into a tumbler and serve at once.

EGG LEMONADE

Separate one egg, beat the white, then add the yolk and beat again; dissolve a tablespoonful of sugar in a little cold water, add a half cupful of water and the juice of one lemon; add this gradually to the beaten egg, strain into a tumbler and serve. Or put all the ingredients into a "shaker," shake well and strain.

CAUDLE

Make a cornmeal gruel from water and pour while hot over one egg well beaten; add four tablespoonfuls of sherry, turn it into a clean tumbler and dust with grated nutmeg.

This may be served either hot or cold. With a piece of zweiback it makes an exceedingly good luncheon for a convalescing patient.

HARD-BOILED EGG

Put an egg into cold water, bring the water quickly to boiling point, remove the saucepan at once from the fire and allow it to stand covered on the table for thirty minutes.

This will make the yolk mealy and dry, and will also soften the white; the white, however, is unfit for sick diet.

When eggs are expensive, break the egg, reserve the white, raw, for another dish, drop the yolk in the shell down into boiling water, cover the kettle and stand it away from the fire for forty minutes. The yolk will be just as palatable, just as dry and mealy, and you will have the white for another dish.

GOLDEN TOAST

Cut the crust from a half-inch slice of bread, dry the bread in the oven, then toast it quickly until a golden brown, put it in a small vegetable dish or platter, pour over a half cupful of scalded milk to which you have added a saltspoonful of salt. Garnish the top of this with the hard-boiled yolk of one egg pressed through a sieve. Serve immediately.

If fatty matter is called for, spread the bread with butter before pouring over the milk, or add to the milk after you take it from the fire a tablespoonful of thick cream.

BEAUREGARD EGGS

Hard boil one egg. Separate the white and the yolk, after it has been boiled, chop the white very fine or press it through a fine sieve, or put it through a vegetable press. Do the yolk the same. Keep them separate. Toast a square of bread. Put two level teaspoonfuls of butter and two of flour into a saucepan, mix, add eight tablespoonfuls of milk, stir over hot water until the sauce thickens, add a saltspoonful of salt and the whites of the eggs. Stir again, until hot; heap this on toast, cover it all over with the yolk of the egg, dust very lightly with salt, and serve at once.

A good supper for children, the aged or consumptives.

EGYPTIAN EGGS

Beat one egg just enough to mix the white and yolk; add two tablespoonfuls of water and one tablespoonful of plain cream or cocoanut cream, the latter to be preferred;

stand the bowl in a pan of boiling water, and beat rapidly until the egg is slightly congealed; turn this into a pretty little dish; put at the ends two triangular pieces of well-made toast; dust lightly with salt, and serve.

EGGS, JEFFERSON

Select a smooth, round tomato; cut a slice from the stem end and carefully cut out the seeds and core; put the tomato in a small granite or earthen dish, and then in the oven for about ten minutes, until thoroughly heated. Take from the oven, put in a half teaspoonful of butter, a dusting of salt, and then break in one fresh egg. Put this back in the oven until the egg is "set." Dust lightly with salt, dish neatly, and serve.

EGGS, CARDOZE

Bake a medium-size, shapely potato until thoroughly done. Cut a slice from the side, scoop out the flesh, leaving a wall a half inch thick. Mash the potato; add two tablespoonfuls of cream and beat until light. Break into the potato a fresh egg, and put it back into the oven until the egg is set. Then cover the entire top with the mashed potato, brush with cream, and brown quickly in the oven. Dish on a paper mat, stick a pretty sprig of parsley at the side, and serve.

VEGETABLES

Vegetables are divided into four classes: those rich in nitrogen—muscle and tissue-building foods; those containing carbohydrates—sugars and starch; fatty vegetables —nuts and olives; and succulent vegetables, containing little but water and mineral matter.

In the first class we have old peas, beans and lentils, soy beans and the chick pea of the East. Starch is also found in goodly quantities in these vegetables. Cereals and cereal foods, as bread and Italian pastes, contain both nitrogen and starch.

In the second class, carbohydrates, we have rice, potatoes, yams, taro, cush-cush, cassava, tapioca and sago.

In the third class, vegetables containing mineral matter and water, are cabbage, carrots, turnips, spinach, cress, cymlins, cucumbers, lettuce, tomatoes, very young green peas, string beans, onions and christophines.

Vegetables as a rule should be cooked in water, in an uncovered vessel. Rapid boiling frequently toughens the fibre of underground vegetables. Cooked at 210° Fahr. they become tender quickly, and retain their flavor and color. Rice and macaroni, however, should be boiled rapidly, not that the water is hotter, but the motion of rapidly-boiling water washes apart and separates the particles. All starchy vegetables must be cooked at the boiling point.

All vegetables must go over the fire in boiling water. To green vegetables add a teaspoonful of salt to each half gallon of water in which they are to be boiled. Underground vegetables, the roots and tubers of plants, are better cooked in unsalted water. For instance, turnips are white, sweet, palatable and easily digested if cut into blocks and cooked carefully in unsalted water. If boiled rapidly in salted water, they lose their color, flavor and digestibility, and are coarse and unpalatable. Raw cabbage with French dressing is digested by a person in health in two and a half hours; boiled it takes five hours.

Dried vegetables, as peas, beans and lentils, must be cooked in soft water, if possible. The salts of lime in hard water coagulate the casein and render it dense and difficult of digestion.

For the sick, all vegetables must be freshly gathered, otherwise do not use them. They should be thrown in cold water the moment they come from the market. Do not add salt to the water as it draws out the juices and hardens the fibre.

For the convenience of persons who are on restricted diet, the vegetables in this book have been arranged in groups, so that their chemical constitutents may be seen at a glance.

BOTANICAL CLASSIFICATION OF OUR COMMON VEGETABLES

Dicotyledons

Cruciferæ, Mustard Family.
Water-cress; Horseradish; Cabbage tribe; Turnip; Rutabaga; Mustard, black and white; Peppergrass; Radish.

Capparidaceæ, Caper Family.
Capers.

Malvaceæ, Mallow Family.
Okra.

Geraniaceæ, Geranium Family.
Wood Sorrel, Nasturtium.

Leguminosæ, Pulse Family.
Soy Bean; Peanut; Kidney Bean; String Bean; Lima Bean; Black Bean; Pea; Chick Pea; Lentil; St. John's Bread.

Cucurbitaceæ, Gourd Family.
Pumpkin; Squash, summer and winter; Cucumber; Vegetable Marrow; Christophines.

Umbelliferæ, Parsley Family.
This family contains many of the aromatic seeds. Carrot; Coriander; Sweet Cicely; Fennel; Celery; Celeriac; Caraway; Parsley; Angelica; Parsnip.

VALERIANACEÆ, Valerian Family.
Corn Salad.

COMPOSITÆ, Composite Family.
Jerusalem Artichoke; Globe Artichoke; Cardoon; Chicory; Endive; Salsify; Dandelion; Lettuce; Romaine.

CONVOLVULACEÆ, Convolvulus Family.
Sweet Potato.

SOLANACEÆ, Nightshade Family.
Tomato; White Potato; Egg Plant; Chili Peppers, in all its varieties.

LABIATÆ, Mint Family.
The leaves of the plants of this family are aromatic. Sweet Basil; Mint; Savory; Marjoram; Thyme; Sage; Stachys.

CHENOPODIACEÆ, Goosefoot Family.
Spinach; Beet.

PHYTOLACCACEÆ, Poke-weed Family.
Poke or Scoke.

POLYGONACEÆ, Buckwheat Family.
Dock; Sorrel; Buckwheat.

LAURACEÆ, Laurel Family. (This is not the family to which the mountain and sheep laurel belong.)
Sassafras; Bay-leaves.

Monocotyledons

SCITAMINEÆ, Banana Family.
Ginger; Arrowroot; Tous-les-mois; Banana.

DIOSCOREACEÆ, Yam Family.
Yam.

LILIACEÆ, Lily Family.
Asparagus; Onion; Leek; Garlic; Scullion; Chives; Shallots.

PALMACEÆ, Palm Family.
Sago (Dates and Cocoanuts).

GRAMINEÆ, Grass Family.
Rice; Oats; Wheat; Rye; Barley; Maize; Sorghum; Durra or Kaffir Corn; Millet.

Some of the seaweeds have proved valuable in periods of scarcity, while the Irish moss and gelose are used at all times.

Many lichens have been used as dyes, but very few as food. Arctic explorers have sometimes been forced to eat various plants of this group. The best known lichen, however, is the Iceland moss.

PLANTS USED AS FLAVORINGS TO OTHER PLANTS

Under this heading we have
Parsley *(Carum petroselinum,* Bentham*)*
Chervil *(Myrrhis odorata,* Linn.*)*
Tarragon *(Artemisia Dracunculus)*
Angelica *(Archangelica officinalis,* Linn.*)*
Capers *(Capparis spinosa)*
Nasturtium *(Tropaeolum majus,* Linn.*)*
Garlic *(Allium sativum)*
Shallots *(Allium Ascalonicum,* Linn.*)*
Chives *(Allium Schaenoprasum,* Linn.*)*
Bay Leaves *(Laurus nobilis,* Linn.*)*
Gumbo Filé Powder *(Sassafras officinale,* Nees*)*
Sweet Marjoram *(Origanum majorana,* Linn.*)*
Summer Savory *(Satureia hortensis,* Linn.*)*
Sage *(Salvia officinalis,* Linn.*)*
Sweet Basil *(Ocimum Basilicum)*
Thyme *(Thymus vulgaris,* or *Thymus Serpyllum)*
Mint; Spearmint *(Mentha viridis,* Linn.*)*
Dill *(Peucedanum graveolens)*
Anise *(Pimpinella anisum)*
Caraway *(Carum Carui,* Linn.*)*
Cardamom *(Elettaria cardamomum)*
Coriander *(Coriandrum sativum,* Linn.*)*
Cumin-seeds *(Cuminum cyminum)*
Fennel *(Faeniculum officinale,* Allioni*)*

While these plants are never used alone, and have little or no food value, they contain pungent or volatile oils

valuable in intensifying the flavor of other vegetables. They must be used in small quantities, and never for the sick without a physician's orders.

Tarragon, steeped in a small quantity of vinegar, filtered or strained, is used as a flavoring for salad dressings.

Capers are used as a flavoring and garnish to chicken salad, and in a sauce for boiled mutton.

There is but one of these materials that needs a special mention, and that is the gumbo filé powder. This is made from the very young leaves of the sassafras tree (Sassafras officinale, Nees), picked during the middle of the day, dried quickly in the sun, rubbed in the hands until they are rather fine, and sifted through a fine sieve. Use as thickening to chicken or vegetable broth, or in gumbo soup. Allow a half teaspoonful to each pint of soup. The Creoles add gumbo filé powder to chicken, oyster and crab soup.

A GROUP OF STARCHY VEGETABLES

Potatoes
Rice
Hominy
Hominy grits
Italian pastes in general, as vermicelli, macaroni, spaghetti
Chestnuts
Sweet potatoes
Yams
Tapico
Sago
Cassava
Arrowroot
Tous-les-mois
Taro

Starchy vegetables belong to the carbohydrates, are fat formers and heat and energy producers. The primary digestion of all starchy foods is in the mouth; thorough mastication aids the final digestion in the small intestines.

POTATOES (*Solanum Tuberosum,* Linnæus)

COMPOSITION OF POTATOES (Church)

Water	75.0
Albuminoids	1.2
Extractives, as solanin and organic acids	1.5
Starch	18.0
Dextrin and pectose	2.0
Fat	0.3
Cellulose	1.0
Mineral matter	1.0

The portion of the potato plant used as food constitutes an enlarged or gorged underground stem, and is the storehouse for the nourishment of the young plant. Many varieties are grown in this country, which are all cooked more or less alike. For the sick, invalids and children, use only full-grown ripe potatoes; those very young or very old are apt to provoke indigestion.

The water in which potatoes are boiled must be thrown away; it is usually unsafe for food.

Pare the potatoes very sparingly, as both nourishment and mineral matter are in greater proportion near the skin.

As the flavor of potatoes is due to the mineral matter, they are more tasty when boiled in their "jackets." Carefully-cooked potatoes make a good, easily-digested starchy food. The amount of nitrogen is small, but when served with the more nitrogenous foods, old peas, beans, nuts, meats, eggs and milk, help to make a balanced ration. Baked, boiled, mashed and rebaked, they are more easily digested than when cooked with fat. Fried foods are unfit for the well, and should never be used for invalids or children.

TO BOIL POTATOES

Take a thin paring from the potatoes, remove the eyes, throw them at once into cold water; when ready to cook, drop them into a kettle of boiling, unsalted water, boil rapidly ten miutes, and cook at the boiling point until the potatoes are very nearly done. Throw in a cup of cold water to cool the surface; this will allow the center to cook just a moment longer and will make the potato more mealy. As soon as the water again reaches boiling point and the potato is tender to the center, drain it perfectly dry, dust it with a little salt, and shake it over the fire, holding the pot at least six inches from the stove. When dry and white like a snowball, dish it on a folded napkin or small doily and serve it at once.

MASHED POTATOES

Mash a well-boiled potato either with a silver fork or through a sieve; add two or three tablespoonfuls of hot milk, stand the bowl in a pan of hot water, and with a silver fork beat the potato until it is white and light. Dish it in a small heated dish and serve at once. Do not cover it, nor do not pat it down.

RICE POTATO

Press a well-beaten mashed potato through a vegetable press on to a heated dish; serve quickly.

POTATO PUFF

Heap in rugged fashion a well-mashed potato in a small baking dish or individual casserole, touch it here and there with the beaten yolk of egg, then brush it over with the white of egg and bake in a quick oven until a golden brown.

POTATO ROSES

Put a mashed potato into an ordinary pastry bag, holding a star tube; press the potato into a baking pan, making good-sized roses; touch them lightly with beaten white of egg and run them into a hot oven until a golden brown. Arrange neatly on a small doily and serve. A sprig of parsley between the roses adds to the attractiveness of the dish.

CREAMED POTATOES

Chop a cold boiled potato rather fine. Put a teaspoonful of butter and a teaspoonful of flour into a saucepan, mix, add a half cupful of milk, stir until boiling, add a quarter of a teaspoonful of salt and the potato. Turn this into an individual baking dish, dust lightly with fine bread crumbs and bake to a golden brown.

POTATO TIMBALE

Add a well-beaten yolk of an egg, a half teaspoonful of salt and one drop of Tabasco to a mashed potato. Line the bottom of a small timbale mold with greased paper, fill in the potato mixture, stand in a baking pan of boiling water and cook in the oven twenty minutes. When done, loosen the sides with a limber knife, turn the timbale out on a small heated dish, and garnish with very tender young peas.

This is an exceedingly nice accompaniment to a broiled lamb chop, and makes an easily-digested meal for an invalid or child.

POTATO SOUFFLÉ

Stir the well-beaten white of one egg into a mashed potato; heap it into an individual casserole or ramekin dish and bake in the oven until a golden brown.

POTATOES à la CREME

Chop one cold boiled potato rather fine; add a grating of nutmeg and a saltspoonful of salt. Add a dash of Tabasco to four tablespoonfuls of cream; add this to the potato, turn into an individual baking dish and bake in a quick oven fifteen minutes.

BAKED POTATOES

Select a perfectly sound, medium large potato; brush the potato thoroughly in cold water until the skin is clean, then rinse, and allow it to remain in cold water for at least a half hour. Then place it on the grate in a moderately hot oven and bake slowly until tender; this will take from three-quarters of an hour to an hour. When done, take the potato in a napkin in your hand and press it gently all over, without breaking the skin; when it has been thoroughly mashed to the very center, slash it one side in the form of a cross, stand it on a folded napkin and serve at once.

A piece of butter may be put in the center of a baked potato, and one may add, if admissible, a drop of Tabasco. The potato is more easily digested, however, if eaten with just a little salt.

Never stick a fork into a baking potato to see if it is done; this breaks the skin, allows the steam to escape and makes the potato soggy.

Do not have the oven too hot; the skin becomes hard at once and prevents the evaporation of the water, which makes the potato wet and unpalatable.

POTATO PURÉE

Break a well-baked potato into halves and scoop out all the mealy portion; add four tablespoonfuls of good cream and a saltspoonful of salt; beat it quickly with a silver fork and serve on a heated plate.

STUFFED POTATOES

This is a nice way to serve a baked potato, both to children and invalids. The second baking makes it more easily digested.

Cut a baked potato into halves, scoop out the center, mash it with a silver fork, add four or five tablespoonfuls of hot milk, a saltspoonful of salt, and if admissible a dash of Tabasco; otherwise omit pepper. Beat until light, and fold in carefully the well-beaten white of one egg. Fill the "shells," but do not pat the mixture down to make it heavy. Brush the top lightly with milk, and bake in a moderate oven until a golden brown. Serve on a dainty paper doily or a folded linen napkin.

POTATO BALLS

Put a well-baked potato through a vegetable press, add the yolk of one egg and a palatable seasoning of salt. When well mixed, add two tablespoonfuls of milk or cream, form into balls the size of an English walnut, roll in milk, then in fine bread crumbs, stand on a baking sheet and bake in a quick oven until a golden brown. Heap like cannon balls on a folded napkin.

These make a nice variety to an invalid's diet, and are also nice for children.

RICE

Rice is exceedingly rich in starch, and when unpolished contains also a considerable amount of protein. It is said that the varieties grown in East India contain more nitrogen than rice grown in the United States.

In boiling, rice parts with a goodly quantity of both starch and mineral matter. For children, it should be thoroughly washed and soaked in cold water, and steamed. The water in which rice has been boiled should be saved for soups or used as rice water.

Rice containing four times as much nourishment as potatoes and when carefully cooked in water requires only one hour for perfect digestion. If overcooked and soggy, it is apt to cause fermentation, the same as a badly-cooked potato. Well cooked, it furnishes energy food for nearly three-quarters of the world's inhabitants.

The tables following will give the comparative analysis of cooked and uncooked rice

COMPOSITION OF DRY RICE (Church)

Water	14.6
Albuminoids, etc.	7.5
Starch, etc.	76.0
Fat	0.5
Cellulose	0.9
Mineral matter	0.5

COMPOSITION OF BOILED RICE (Hutchinson)

Water	52.7
Proteid	5.0
Fat	0.1
Carbo-hydrates	41.9
Mineral matter	0.3

The rice-eating people of the world, those who use rice as a staple food, three times a day, do not add salt, as is the fashion among people of the United States; they do not have the craving for salt that is found among potato-eating people. Where rice is the only form of starchy food, learn to eat it without salt.

TO BOIL RICE

One Serving

Wash four tablespoonfuls of rice through several cold waters. Put one quart of water in a saucepan, when boiling rapidly, sprinkle in the rice slowly; do not stop the boiling, and boil rapidly, uncovered, for fifteen minutes. Drain the rice in a sieve, pour over quickly a half cup of cold water, stand the sieve on a plate at the oven door where it will dry. Turn it at once into a small vegetable dish and serve uncovered.

To be well cooked and perfect, each grain must be swollen four times its original size, and no two grains must be sticking together.

STEAMED RICE

One Serving

Wash four tablespoonfuls of rice through cold water, let it soak an hour, put it in a small sieve, stand over boiling water, cover and steam for thirty minutes. Turn into a heated dish and serve.

RICE PUDDING

Two Servings

Put one tablespoonful of unwashed rice into one pint of milk, add a half tablespoonful of sugar; when the sugar is dissolved turn it into a small baking dish and bake one hour, stirring down the crust every ten minutes.

To be absolutely correct, this pudding must be like thick cream—not stiff enough to require a sauce. Serve warm or cold.

RICE à l'IMPERATRICE

One Serving

Pare and stone one peach, put it in a baking dish, dust it lightly with sugar and stand it in the oven until perfectly soft. Have ready boiled three tablespoonfuls of rice, put the peach on top, dust it with powdered sugar and serve with plain cream.

RICE MERINGUE

One Serving

Wash one tablespoonful of rice through several cold waters, throw it into boiling water, boil rapidly ten minutes and drain. Add a half cupful of cold milk, and the yolk of an egg beaten with a half tablespoonful of sugar; pour this into a small baking dish and bake in a moderate oven fifteen minutes. Beat the white of an egg until stiff, add a level tablespoonful of powdered sugar, and beat until fine and dry; heap this over the top of the pudding, dust with powdered sugar, and brown lightly in the oven.

RICE DUMPLING

One Serving

Wash four tablespoonfuls of rice through several cold waters; soak a half hour or longer, drain, throw it into boiling water, boil rapidly ten minutes and drain again; spread this in the center of a square of cheesecloth. Pare and stone one small mellow peach, put half of the peach in the center of the rice, fill the core space with boiled rice, put on the other half, and gather the cloth up so there will be a thin layer of rice over the peach; it must be entirely covered. Tie the "dumpling" tightly, throw it into a kettle of boiling water and boil twenty minutes.

To serve, cut the string, remove the cloth and turn the dumpling carefully into a dessert plate. Serve with cold milk or cream, or a purée of peaches.

EGYPTIAN RICE

Two Servings

Cover a half tablespoonful of granulated gelatin with a half cup of cold milk, let it soak thirty minutes; add a tablespoonful of powdered sugar and stir it over the fire until the gelatin is dissolved. Add two tablespoonfuls of carefully-boiled rice and two scalded dates, chopped fine; when this begins to solidify, fold in six tablespoonfuls of

cream whipped to a stiff froth; turn into two individual molds and stand aside until perfectly cold. Serve plain or with cream.

RICE CREAM

One Serving

Press two tablespoonfuls of boiled rice through a fine sieve, add to it the yolk of one egg beaten with a tablespoonful of sugar and a half cup of milk. Stir over the fire just a minute, take from the fire and stir in, while hot, the well-beaten white of the egg. Turn into a pretty dessert glass, dust with powdered sugar and stand aside to cool.

HOMINY

We have two kinds of hominy in our markets, one made from almost the entire grain of white dry corn, with the hull taken off, sold under the name of hominy and samp; and the other, hominy grits. Hominy grits, well cooked, makes an excellent breakfast food for children, the aged and invalids; it should be soaked over night in cold milk or water, and cooked slowly for a long while.

The large hominy, when well cooked, gives variety to a diet in chronic rheumatism. It must be thoroughly cooked and well masticated.

TO COOK HOMINY GRITS

Wash four tablespoonfuls of hominy grits through several cold waters; add one cupful of milk and a saltspoonful of salt, and stand it in a cold place over night. Next morning turn it into the upper part of a double boiler, stir until the water reaches the boiling point, cover the boiler and cook thirty minutes, or better one hour. Serve with milk or cream, as ordered.

HOMINY JELLY

Wash two tablespoonfuls of hominy grits through several cold waters, then stir it into a half pint of boiling

water, add a saltspoonful of salt, and boil rapidly, stirring all the while, for five minutes. Then cook it in a double boiler until it is thick and rather transparent. Turn this into individual molds and stand aside to cool.

This should be transparent and not too stiff.

Serve with cream.

YAMS (*Dioscorea Batatas*)

Yams are imported into the United States from the West Indies and Central America. They are exceedingly large, frequently weighing from four to ten pounds. They do not grow in the United States. The so-called yam of the southern States is simply a large variety of a sweet potato. The large yam, *dioscorea alata,* to be thoroughly digestible, must be baked for a long time. When well baked and soft to the center, they are the most delicious of all starchy foods.

Scrub the outside with a brush, rinse in cold water, put it in a moderate oven and bake slowly until tender—a yam weighing one pound, an hour; two pounds, an hour and a half.

TARO (*Colocasia antiquorum,* Schott, Variety *esculenta*)
Root of the Elephant Ear

Taro is made by the Hawaiians into a dish called poi, and in the West Indies and Central America the root is boiled and served much the same as we serve potatoes. It constitutes a good starchy food easy of digestion. Preparations of ground dried taro can be purchased in this country under the name of Taroena. As it contains a ferment that is supposed to aid in the digestion of albuminoids, it forms an important starchy food for the sick. With milk, or even served with broiled meat, it taxes the digestive powers very lightly. In porridge it can be taken by people with acute indigestion without the slightest distress. Taroena is made from the toasted or cooked root, so that it may be stirred into hot milk without further cooking. It may also be used in egg custard in the place of cornstarch or arrowroot.

CASSAVA AND TAPIOCA

Both cassava and tapioca are very rich in starch, containing from eighty-five to ninety per cent. They are made from the fleshy roots of two species of the tropical genus *Manihot;* one the "bitter," and the other the "sweet" cassava. The bitter cassava, when robbed by heat of its poisonous qualities, makes cassava flour and tapioca.

In sick diet we are only concerned with tapioca in the fine granular form. Larger pieces require long soaking and careful cooking to be digestible. Pearled tapioca (tapioca made into small round grains the size of a pea) may be added to soup for the well, but for the sick fine granulated tapioca alone should be used.

Tapioca may be made into custard or fruit desserts, or added to soups. Recipes for the uses of tapioca will be found among the desserts in another part of the book.

SAGO

First-class sago is almost a pure starch made from the central part of several varieties of palms. East Indian sago meal, made from the *Cycas,* must not be confounded with our ordinary commercial sago. Recipes for cooking sago will be found among the desserts.

ARROWROOT

Genuine arrowroot, made from the stalk of the *Maranta Arundinacea,* is the most easily-digested of all starches. The starch cells of arrowroot are ruptured at a temperature of 180° Fahr. It is the smallest of all starch granules. Under the microscope it resembles closely, with the exception of size, potato starch, which looks like a tiny oyster shell. Much of the arrowroot sold in this market is adulterated with potato and cassava flour or other inferior starches. Adulteration, however, can be easily detected by microscopic observations.

TOUS-LES-MOIS

This is a starch made from the tuber of the *Canna edulis,* and like arrowroot, is very easy of digestion. These are the largest of the starch grains, are round with concentric markings and a central *hilum.* This starch is not used to any extent in the United States except for the making of Turkish Delight, a sort of jelly-like, elastic candy. It is, however, a valuable starch in cases of rheumatism or chronic constipation. It may be used precisely the same as arrowroot, made into jelly or gruel, with milk or water. I have also used it with good results in gastric troubles.

TOUS-LES-MOIS PANADA

Put a half pint of milk into a double boiler, add a tablespoonful of granulated sugar and twenty-four almonds that have been blanched and ground; when this is hot add one teaspoonful of Tous-les-Mois moistened in two tablespoonfuls of cold milk. Stir until the mixture begins to thicken, cover the boiler and cook ten minutes. Serve warm, plain, or with a little thin cream.

For dyspeptics, where there is too little hydrochloric acid, serve without cream and sugar; add a little salt.

ITALIAN PASTES

Macaroni, spaghetti, vermicelli and noodles are generally known as Italian pastes. Most of them are quite unsuited for diet for the sick, although they make an agreeable starchy food for children, invalids and the aged. They must not however, be served baked with cheese; if cheese is added it must be freshly-grated Parmesan, put on after the macaroni is taken from the fire.

No matter what the final preparation is to be, the first cooking is always the same. Partly fill a large kettle with rapidly boiling salted water; throw in the macaroni or spaghetti, allow it to boil rapidly for thirty minutes, then

drain and throw it into cold water, changing the water until it is perfectly cold. Allow it to stand for thirty minutes more, drain and it is ready to dress.

TO HEAT IN CREAM SAUCE

Make an ordinary cream sauce, add the spaghetti or macaroni, stand it over hot water until thoroughly heated, and serve, passing with it grated Parmesan.

BREAKFAST SPAGHETTI

Boil the night before the desired quantity of spaghetti, throw it into cold water and let it stand in a cold place over night. Next morning drain, cover it with boiling stock, simmer gently fifteen minutes, add a half saltspoonful of salt, take from the fire, add a teaspoonful of butter cut into bits, and serve on a heated dish.

This may be used in the place of a cereal.

BAKED MACARONI

Boil the macaroni as directed, put it into cream sauce, turn into an individual casserole or ramekin dish and bake in a moderately hot oven until slightly browned.

SPAGHETTI, ITALIAN FASHION

This can hardly be called a dish for the sick, but in cases of long invalid feeding where tomatoes are admissible, this dish is always palatable and appetizing.

Boil spaghetti as directed. Put a quarter of a pound of meat through the meat grinder, then into a saucepan with a half pint of strained tomato, a teaspoonful of onion juice and a quarter of a teaspoonful of salt; cook and stir until boiling hot, push to the back of the stove and cook, covered, for fifteen minutes. Strain, pressing as much of the meat through the sieve as possible. Drain the spaghetti, add it to this sauce, heat carefully over hot water, turn

into a heated serving dish, dust thickly with grated Parmesan and send to the table.

If onion disagrees, omit it.

NOODLES

Put a cupful of flour in a large dinner plate or platter, make a well in the center, add a saltspoonful of salt and one egg beaten with two tablespoonfuls of water; work the flour into the egg mixture a little at a time; the dough must be exceedingly hard. Knead and pound until it is elastic and then roll it in two sheets as thin as tissue paper. Put a clean towel or old tablecloth over a table, put the sheets on this and allow them to dry for an hour and a half or two hours; they must not be brittle. Then roll them up as tightly as possible, and with a sharp knife shave the noodles from the ends. Shake them out and allow them to dry. They may be made one day to use the next, and if perfectly dried will keep for several days.

Boil these in chicken stock or in beef stock; or they may be cooked in water and served with butter or cream.

NOODLES, WITH COTTAGE CHEESE

This dish makes nice variety for chronic rheumatic patients.

After the noodles are boiled until tender, about twenty minutes, in stock or water, drain them perfectly dry, dust them lightly with salt, add two tablespoonfuls of butter, mix carefully without breaking, turn them on a hot platter, put over here and there little balls of homemade cottage cheese and send to the table.

A GROUP OF STARCHY VEGETABLES, ALSO CONTAINING SUGAR

Sweet Potatoes; Squash; Pumpkin.

SWEET POTATO (*Ipomæa Batatas,* Lamarck)

The sweet potato belongs to the morning glory family. In this country we have three or four varieties, containing more or less starch, and more or less sugar. The large so-called "yam" of the South (which, by the way, is no relation to the yam) is rich in sugar, and unless carefully cooked becomes rather pasty and is not a suitable diet for the sick. The smaller red sweet potatoes contain a considerable amount of gum and dextrin. According to Church, the composition of an ordinary Central American sweet potato is as follows:

Water	75.0
Albuminoids, etc.	1.5
Starch	15.0
Sugar	1.7
Dextrin, and gum	2.2
Pectose	0.9
Fat	0.4
Cellulose	1.8
Mineral matter	1.5

BAKED SWEET POTATO

If sweet potatoes are to be served to invalids, or even given to children, they should be carefully baked in the skins.

Wash them well, put them into a moderate oven and bake until they are soft in the center. Serve at once.

TWICE BAKED SWEET POTATOES

After the potato has been baked according to preceding recipe, break it into halves, scoop out the flesh, add to it a tablespoonful of cream and a palatable seasoning of salt.

Heap it into a baking dish, brush with milk and bake in a hot oven until a golden brown.

WINTER SQUASH (*Cucurbita maxima,* Duchesne)

The following rules for cooking pumpkin may be used for any variety of winter squash, as the Cashaw or Hubbard. While they do not contain as much nourishment as rice or potatoes, they give variety to the daily diet.

Saw from the squash a piece, the required size, remove the seeds and bake at least one hour, or until perfectly tender. Serve in the shell, or it may be scooped out and mashed with a little butter.

This is exceedingly nice served with stewed or panned chicken.

Keep the remaining portion in a cold place to use as wanted.

COMMON PUMPKIN (*Cucurbita Pepo,* Linn.)

This makes an exceedingly nice vegetable to take the place of sweet or white potatoes.

BOILED PUMPKIN

Cut a sufficient amount from the pumpkin, pare it, remove the seeds and cut it into blocks, put them in a sieve, stand the sieve in a saucepan, the bottom of which is covered with water; cover the saucepan and cook until the pumpkin is tender. Lift the sieve, drain and press the pumpkin through, add a saltspoonful of salt and a teaspoonful of butter or a tablespoonful of cream. Heap on a heated dish and serve at once.

PUMPKIN TIMBALE

One Serving

Steam sufficient pumpkin to make half a cupful, add a saltspoonful of salt, a half teaspoonful of butter and one egg, well beaten; put it in a custard cup and stand it in a

pan of boiling water and bake in a quick oven about twenty minutes, until the timbale is "set." When done, carefully turn it from the cup and serve at once.

This is a nice accompaniment to roasted or panned chicken.

PUMPKIN CUSTARD

One Serving

Steam sufficient pumpkin to make a half cupful of mashed pumpkin; add two teaspoonfuls of sugar, a teaspoonful of butter and just a pinch of salt; mix. Moisten a level tablespoonful of flour gradually with a half cupful of milk; when perfectly smooth add it to the pumpkin; add a teaspoonful of brandy and a grating of nutmeg. Turn into a custard cup and bake as you would a cup custard. Serve in the cup in which it is baked.

A GROUP OF SUCCULENT VEGETABLES CONTAINING A LITTLE STARCH AND SUGAR

Salsify; Parsnips; String Beans

I have placed string beans in this group because at times they do contain a minimum amount of starch; this amount, however, depends on the maturity of the bean and the hour of the day in which they are picked. Just before sundown they contain but little starch; early in the morning, however, they would of course contain more.

Salsify and parsnips contain about an equal amount of starch and sugar, not enough however to take the place of either rice or potato, but quite enough to make them objectionable to diabetic persons.

SALSIFY (*Tragopogon porrifolius,* Linn.)

This is sold in the market under the name of oyster plant, and makes one of the nicest of cream soups for children's luncheon or supper. There is no objection to adding oyster plant to the diet for the aged or invalids. A recipe for the soup will be found among the cream soups.

SALSIFY WITH CREAM SAUCE

Scrape one dozen salsify roots and throw them at once into cold water to prevent discoloration. At cooking time cut them into very thin slices, cover with boiling water and cook until tender, about forty minutes; drain, dish and cover with cream sauce.

PARSNIPS

Parsnip is the root of the *Pastinaca sativa,* Linn. It is very rich in woody fibre, which prohibits its use in diet for the sick.

STRING BEANS (*Haricots Verts*)

String beans are not rich in nourishment, but furnish an exceedingly good bulky food in cases of chronic constipation. Boiled and served cold as a salad they are palatable, attractive, and wholesome.

TO BOIL STRING BEANS

String the beans and cut them in three pieces lengthwise; soak them in cold water for one hour, put them in a quantity of boiling water, boil fifteen minutes and drain. Cover with fresh boiling water, add salt and cook slowly until tender, three-quarters of an hour, drain, and if they are to be served hot add a little salt and butter or cream; if to be used for salad, put at once to cool.

A GROUP OF VEGETABLES CONTAINING SUGAR AND NO STARCH OR NITROGEN

Young Green Peas; Young Green Corn; Beets

YOUNG GREEN PEAS

These are very rich in water, and contain sugar and a little mineral matter. They take no part whatever in body building. They are palatable and easy of digestion, and for this reason make a nice addition to the food of an invalid or child; even young children may eat fresh green peas if they are carefully boiled and pressed through a sieve.

TO COOK GREEN PEAS

The sweetness and flavor of green vegetables depend entirely on careful cooking.

Shell the peas, throw them into cold water for twenty minutes, and drain. Put a leaf of lettuce, if you have it, in the bottom of a saucepan, and add just enough water to keep the peas from scorching. Add to the water a half teaspoonful of salt, put in the peas, cover the kettle and cook about twenty minutes, or until the peas are tender. Very young peas will cook in ten minutes. When done, drain; if properly cooked, the kettle will be almost dry. To each half pint of peas add a teaspoonful of butter and a half teaspoonful of sugar, or you may add cream in the place of butter. Serve at once.

For people who are inclined to indigestion the peas should be pressed through a sieve, reheated over hot water and served quickly.

TO COOK CANNED PEAS

Turn the peas from the can into a sieve, wash them under the cold water spigot; reheat, season and serve.

BOILED PEAS IN TURNIP CUPS

To give variety peas may be served in bread patties or turnip cups.

Select a small white turnip, pare it carefully, cut off the stem end, scoop out the center, throw it into unsalted water and cook slowly until white and transparent. Drain, stand it on a paper doily in a dish and fill it with nicely cooked peas; put a sprig of parsley at the bottom and it is ready to serve.

YOUNG SWEET CORN

Young sweet corn should be freshly picked, husked and thrown into boiling water. It should not boil over two minutes, and should be served at once. To eat, score down the center of each row of grains and press out the pulp. Corn does not, however, play a large part in diet for the sick.

CORN BOILED IN THE HUSKS

In cases of continued feeding where one's brain is constantly racked for variety, this makes a pretty vegetable.

Open carefully at the top, remove every particle of silk, strip off the heavy husks from the outside, leaving the cob covered with about two layers of the young light husks; cut the end of the husks even. Have ready a kettle of boiling water, put in the corn, and after the water begins to boil, boil five minutes; lift with a skimmer and place it on a folded napkin; do not remove the husks.

To eat, pull down the husks, score each row of grains through the center, spread the corn lightly with butter, dust with salt, and with the teeth press out the center of the grains, leaving the hulls on the cob. Fresh, carefully-cooked corn, eaten in this way will rarely ever produce indigestion.

TO STEW CORN

Score down the center of the grains and press out the pulp; put this in a small bowl, stand the bowl in a saucepan of boiling water, cover and cook ten minutes. Add a little salt and butter, and serve.

BEETS (*Beta vulgaris,* Linn.)

The ordinary beet root contains a considerable amount of sugar. When young and tender it is palatable, but rather indigestible, hence it plays no part in diet for the sick.

THE LEGUMINOSÆ

A Group of Vegetables Containing a Goodly Quantity of Nitrogen and Starch

Full-grown Dried Peas. Full-grown Dried Beans of all Varieties. Lentils. Chick Peas. Soy Beans. Peanuts

As flesh formers, muscle and tissue-building foods, these seeds far excel meats and cereals. The amount of nitrogen in dried beans is almost double that of mature wheat. The protein in these foods is digested and absorbed at a slower rate than the protein of meats, eggs and milk. Flour made from these vegetables, when thoroughly cooked and served in purée, is a most valuable food for nursing mothers, and with eggs and milk these purées should take the place of meat to a large extent in the diet for children. The vegetables themselves, to be easy of digestion, must be thoroughly cooked. They are rich in fatty matter and protein as compared to other vegetables, which makes the addition of fat pork to beans quite necessary.

PURÉE OF DRIED PEAS

Wash thoroughly a half pint of dried peas, and soak them over night in cold water. Next morning drain, cover with cold water, bring to boiling point, throw this water away, cover with a quart of fresh boiling water, add ten grains of bicarbonate of soda and cook gently until the peas are tender, about one and a half hours. Press through a colander, this time using the water in which they were cooked. Return the purée to the kettle, add sufficient milk to make it the proper consistency, and stir in one level tablespoonful of flour mixed with a little cold milk; boil gently thirty minutes, add a palatable seasoning of salt,

take from the fire and add four tablespoonfuls of cream or one tablespoonful of butter.

Enough beans may be prepared and cooked one day to last for three or four days in cold weather, or the same length of time in summer if kept in a refrigerator.

IN PLACE OF MEAT FOR CHILDREN

Boil the peas as directed in preceding recipe. Press them through a colander, add a half teaspoonful of salt and two tablespoonfuls of cream or one of butter; heap into a baking dish and bake slowly in a moderate oven for about one hour.

PURÉE OF DRIED BEANS

Recipes given for peas may always be used for beans, simply substituting navy beans for dried peas.

These recipes will also answer for split peas.

PURÉE OF LENTILS

Wash a half pint of lentils through several cold waters, cover with cold water and soak over night. In the morning drain, cover with fresh cold water, bring to a boil and drain again; now add a pint and a half of water, stock or chicken broth. Cook the lentils until they are perfectly tender, press through a sieve, return the purée to the saucepan and add sufficient stock or milk to make the consistency of thin cream. Moisten two teaspoonfuls of cornstarch in a little cold milk, add it to the purée, boil five minutes, add a half teaspoonful of celery salt or a little crushed celery seed; take from the fire and add four tablespoonfuls of cream or one tablespoonful of butter.

This is a most concentrated nitrogenous food; a good meat substitute for children and the aged; and is especially good for nursing mothers.

QUICK LENTIL SOUP

Stir one teaspoonful of lentil powder into a half pint of boiling water, cook slowly thirty minutes, add a little celery salt, taken from the fire and add a tablespoonful or two of cream or a little butter.

This, like the preceding soup, makes an excellent noonday meal for a child.

BEAN SOUFFLÉ

Wash and soak a half pint of beans over night. Next morning bring to a boil, drain, throw the water away, cover with fresh boiling water, add a level saltspoonful of bicarbonate of soda and cook slowly until the beans are very tender. Drain, throw the water away, and press the beans through a colander; add a half teaspoonful of celery salt, a tablespoonful of butter and four tablespoonfuls of hot milk; beat until light. Divide this, and put one-half away to use for another meal. Fold the well-beaten white of one egg into the remaining half, put it in an individual casserole or ramekin dish and bake in a moderate oven twenty minutes.

This dish has meat value.

YOUNG LIMA BEANS

Cover the beans with boiling water, boil ten minutes and drain. Throw them out on a meat platter and skin them as you would slip an almond out of its skin after it has been scalded; throw the skins away. Put the beans into a saucepan, add sufficient boiling water to cover, and cook slowly until tender, about twenty minutes; drain, add two tablespoonfuls of milk, a teaspoonful of butter and a palatable seasoning of salt.

These may be served to invalids, children and the aged.

LIMA BEAN SOUFFLÉ

Cook according to the preceding recipe and press through a fine sieve. Add the well-beaten white of one egg to each half cupful of beans, and bake in a small dish, in a moderate oven, twenty minutes.

THE SOY BEAN (*Glycine hispida,* Maxine)

The soy bean has for years formed the staple nitrogenous diet of the people of the Orient; in fact, a handful of rice and a few soy beans constitute the daily food of two-thirds of the East Indians, Chinese and Japanese.

As these beans contain less starch than ordinary beans, they can be used in mild diabetic cases.

To cook: Soak the given quantity over night, throw away the water, cover them with fresh cold water, bring to a boil, throw this water away, cook in fresh boiling water until tender, and press through a sieve. This is soy pulp.

A preparation of soy flour may be purchased in cartons, but as I know nothing whatever about the quality of the flour, I prefer to use the pulp from beans boiled and pressed through a sieve. The flour saves time and trouble, but in feeding the sick this is of secondary consideration.

SOY BEAN ROLLS

After the beans have been drained and pressed through a colander, season them with butter and salt, form into rolls about three inches long, twice the size of your finger; stand them on oiled paper, brush with milk and brown in a quick oven. Serve with Cream Sauce Number Two.

One roll is sufficient for the "meat" portion of a meal.

SOY GEMS

Separate two eggs, beat the yolks until light, add a half cupful of milk, a saltspoonful of salt, a half cupful of the soy pulp. Beat, add a teaspoonful of baking powder and

fold in the well-beaten whites of the eggs; turn at once into greased gem pans and bake in a quick oven. They should be eaten like spoon bread, with a fork. If gems are left over, pull them into halves and toast carefully to a golden brown.

I find these muffins or gems one of the most valuable bread substitutes for diabetic patients. Two gems, with a lettuce salad with French dressing made from lemon juice, make a nice luncheon or supper.

Do not add shortening in the form of butter or oil to the gems, as it makes them more difficult of digestion.

SOY BEAN WAFERS

Put a half cupful of the soy bean pulp into a bowl, add a half teaspoonful of salt, twenty-four blanched almonds ground fine, and one egg well beaten. Drop by tablespoonfuls on greased paper and bake until crisp and brown. Masticate thoroughly.

SOY BREAKFAST CAKES

Put a half cupful of soy pulp into a bowl, add a half teaspoonful of salt, two tablespoonfuls of milk, and fold in the well-beaten yolks of two eggs. Drop by tablespoonfuls in greased pans and bake in a quick oven fifteen minutes. To eat, split with a fork and put on a little butter.

Soy breads of various kinds may be given to diabetic patients once a day, unless they produce undesirable results.

A GROUP OF VEGETABLES CONTAINING NITROGENOUS MATTER WITHOUT STARCH OR SUGAR

Under this heading we place all the edible fungi, mushrooms and truffles. While they are rich in nitrogenous matter and are free from starch and sugar, they contain a large proportion of vegetable fibre, which makes them dense and difficult of digestion. They are food adjuncts or flavoring, rather than true foods.

They will not, in any way, take the place of meat. The nitrogen they contain is not available for tissue building. They take no part whatever in diet for the sick. Now and then one may be chopped fine and added to a meat dish for the sake of variety in cases of long-continued restricted diet, and even then I should prefer not to use them.

The *coprinus micaceus,* the early spring mushroom, is said to be very easy of digestion.

A GROUP OF GREEN OR SUCCULENT VEGETABLES

This large group of vegetables contains principally water and mineral salts.

Artichokes { Jerusalem / Globe	Gherkin
Asparagus	Horseradish
Broccoli	Kale
Brussels sprouts	Kohl-rabi
Cabbage { White / Red	Martynia
Cardoon	Okra
Carrots	Onions
Cauliflower	Peppers
Celeriac	Radishes
Celery	Ruta-baga
Collards	Savoy
Cucumbers and Christophines	Scullions
Dandelions	Spinach
Dock shoots	Summer squash
Egg plant	Swiss chard
	Tomatoes
	Vegetable marrow

They include many parts of plants, as shoots, leaves, stalks, stems and roots. They are valuable articles of food, not because they contain nourishment, but for the mineral salts and waste material they give to the daily bill of fare, They are the most important foods in cases of chronic constipation; if well cooked and used daily, they will cure even obstinate cases. They are far more valuable than fruits, unless fruits are eaten alone.

The object of cooking non-starchy vegetables, is to soften the fibre and make them more easy of digestion. Green vegetables unless carefully cooked, easily part with their salts in cooking, and become unsightly, unpalatable and useless as food.

All green vegetables should be soaked before cooking in cold water without salt; salt wilts them. The common

turnip, an admirable succulent vegetable, sightly, palatable and appetizing if daintily cooked, is nine out of ten times ruined in the cooking. Raw cabbage, finely shaved and soaked in cold water, is digested in two and a half hours; after it passes through the hands of the average cook it requires five hours for digestion. When stewed carefully requires but three hours.

The water in which vegetables are cooked is rich in salts and mineral matter; if thrown away the best part of the vegetable is lost.

Green vegetables lend themselves most easily to the combination of milk for making cream soups; the milk contains the needed nourishment, and is made palatable by the flavoring of the vegetables. These soups form an admirable luncheon or supper dish for children.

Among the best cream soups are potato, pea, celery and cream of corn.

In cases of chronic constipation, onions, carrots, stewed cucumbers, spinach and kale are best.

GLOBE OR FRENCH ARTICHOKES

(*Cynara Scolymus*, Linn.)

The fleshy part of the scales and the part known as the "choke," to which the scales are attached, constitute the edible portion.

TO BOIL ARTICHOKES

Strip off the outside leaves and trim the base. With a sharp knife cut the tops of the leaves within two inches of the base. With the handle of a spoon scoop out the flowery portion in the center. Tie the artichokes into compact form with a strong string, throw them into a kettle of boiling water, add a teaspoonful of salt to each quart, and if you have it, a bit of charcoal, or powdered charcoal tied in a piece of cheesecloth. Boil five minutes, reduce the heat of the water and cook slowly just below the boiling point

for one hour, or until the leaves are tender. Lift the artichokes carefully with a skimmer and turn them upside down to drain.

To serve, put a small doily in a round plate, stand the artichoke on the doily, and pass with it a tiny boat of sauce Hollandaise. To eat, strip off the outside leaves, dip them in the sauce, and with the teeth strip off the fleshy part. There is little to eat on an artichoke, but they are appetizing and attractive.

JERUSALEM ARTICHOKES

(*Helianthus tuberosus,* Linn.)

These are the tubers of the so-called Italian sunflower, which grows wild and abundantly in many parts of the United States and Canada. They do not contain starch, and only a trace of sugar; are fairly rich in gum and inulin.

Simply cooked, they may be eaten by diabetics.

JERUSALEM ARTICHOKES WITH CREAM

Scrape the artichokes and throw them into cold water to prevent discoloration. When ready to cook, cut them into slices a half inch thick, cover with boiling water and cook gently twenty minutes, or until they can be easily pierced with a fork. Drain, turn into a heated dish and cover with hot cream, or add butter and salt; do not salt them while cooking.

If properly cooked they will be sightly and crisp, not heavy or soggy.

ASPARAGUS (*Asparagus officinalis,* Linn.)

Asparagus belongs to the lily family. The plant is cultivated for its early shoots, which are in great favor in the United States, both as a vegetable, and hot and cold in salads.

Asparagus contains an alkaloid known as *asparagin.* Its true merits or demerits are little known, hence it has very

little place in diet for the sick. It may however, be used for the obese and the diabetic.

The green asparagus is said to contain a greater amount of this active principle, *asparagin,* than the white, and should not be used in diet for the sick.

In early spring the fresh young fronds of the fern and the shoots of the poke make good imitations of asparagus, and are frequently less injurious. Stale asparagus is as dangerous as stale meat.

TO BOIL ASPARAGUS

Peel the butt ends of each stalk of asparagus; tie the stalks into small bundles, put them in a kettle sufficiently large to keep them straight, add a teaspoonful of salt and boil thirty minutes. Lift the asparagus, drain it on a soft cheesecloth and it is ready to serve.

To serve hot—put it on toast, with cream sauce or serve without toast with sauce Hollandaise. Cold, serve with French dressing, The tips of the stalks may be cut off and served in an individual dish with sauce Hollandaise. Or put them in a little bread patty and add two or three tablespoonfuls of carefully-made cream sauce.

CABBAGE

Under cabbage we will consider all varieties of the single species (*Brassica oleracea,* Linn.), a plant belonging to the mustard family. All these plants contain a volatile oil, rich in hydrogen and sulphur. It is thought by many that these elements help in the digestion of cabbage, which makes raw cabbage more easily digested than cooked cabbage. Careless cooking drives off the gases, makes an unpleasant and peculiar odor over the house and robs the cabbage of its palatibility. Carefully-stewed cabbage is delicate, easily digested, palatable and sightly.

TO SERVE CABBAGE RAW

Select a perfectly hard white head of cabbage, cut it into halves and shave off a sufficient quantity; the cabbage must be as fine as thread. This can be done with a sharp knife or an ordinary "slaw cutter." Throw the cabbage into cold water, let it stand fifteen or twenty minutes, then press it dry; cover with fresh cold water, and if possible add a piece of ice; let this soak at least two hours, drain and put it in a towel to dry. Serve with French dressing.

This is exceedingly good in cases of chronic constipation, and can also be eaten by diabetic patients.

LADIES' CABBAGE

Cut the cabbage and treat it as directed in preceding recipe. Drain it, throw it into a kettle of boiling salted water, bring to boiling point and cook rapidly, uncovered, for twenty minutes. Drain again, and add salt, butter or cream.

GERMAN CABBAGE

Cook according to the preceding recipe, and instead of adding cream add two tablespoonfuls of lemon juice or vinegar and a little butter.

CABBAGE ROLLS

Take the loose leaves from a head of cabbage, or use a head of savoy. Scald the leaves just enough to make them soft. Have ready sufficient cold cooked chicken to make a half cupful; season it with salt, a little chopped celery if you have it, and a dash of pepper. Remove the midribs from the leaves, put a tablespoonful of the mixture on the tip of the leaf, fold in the sides and roll up the leaf, making a roll about as thick and long as your forefinger. Put them in a saucepan, placing them in position to prevent unrolling. Squeeze over the top the juice of a lemon, and add sufficient boiling water to cover. Stand over a mod-

erate fire and cook twenty minutes. Lift the rolls carefully on a skimmer, place them on a small heated platter, add a little butter to the water in which they were cooked, baste the rolls and send at once to the table. These may be garnished with crisp broiled bacon.

COLD SLAW

Shave the cabbage and soak it as directed in first recipe. Beat one egg without separating, add a half cupful of thick sour cream, a quarter of a teaspoonful of salt, and if you have it a half saltspoonful of crushed celery seed. Cook over hot water until it thickens, and stand it aside to cool. At serving time drain and dry the cabbage, sprinkle over it two tablespoonfuls of lemon juice or vinegar, and mix it with the dressing. Garnish with capers or chopped olives.

SAVOY (*Borecole*)

This is a variety of cabbage with a loose head composed of very curly or wrinkled leaves. It is rather more delicate than ordinary cabbage, but is essentially a fall and winter vegetable. It is better made into rolls or stuffed than served in any other way.

CAULIFLOWER

Cauliflower and broccoli have all the nutritious matter concentrated in a short, compact bunch of flowers, which forms a head. Cauliflower is considered more easily digested than cabbage.

TO BOIL CAULIFLOWER

Trim off the outside leaves, throw the head into cold water and soak for a half hour, then tie it in a square of cheesecloth and drop it, stem side down, in a large kettle of boiling salted water; boil, uncovered, for about thirty minutes. Be careful not to overcook, or it will become

water soaked and lose its flavor and color. To be well cooked it must be snow white and tender.

Serve with cream sauce, sauce Hollandaise or egg sauce.

KALE

Kale, another vegetable of the cabbage tribe, may be cooked and served according to the directions given for cooking spinach.

BRUSSELS SPROUTS

These are composed of numerous small heads growing in the axils of the leaves on a long stem below the top leaves, and are considered the most delicate of the cabbage tribe, excepting cauliflower. To be perfect they should not be larger than an English walnut.

TO BOIL BRUSSELS SPROUTS

Trim off the outside leaves, keeping just the hearts of the sprouts; throw these into cold water, soak for one hour, then put them into a kettle of boiling salted water and cook rapidly, uncovered, until tender, about thirty minutes; drain. Serve with salt and a little melted butter, or with cream sauce.

COLLARDS

Collards are cabbage in which the fleshy leaves do not form a head; they are held loosely on the root and stem. A well-grown collard looks a little like an overgrown head of Romaine. They may be cooked and served according to the rules given for spinach.

KOHL-RABI

This is frequently called turnip cabbage. The plant stores its nourishment just above the ground in a turnip-like swelling, and from this spring ordinary cabbage leaves.

TO BOIL KOHL-RABI

Take off a thick paring, cut the rabi in slices, cook in boiling salted water until tender, about thirty minutes. Drain and serve slightly salted, or with melted butter, or a little cream, or with Maître d'Hotel sauce.

CARDOON (*Cynara Cardunculus,* Linn.)

This plant resembles a long shaggy bunch of celery. The edible portion consists of thick fleshy leaf stalks, well bleached. Boil it in salt water, and serve with sauce Hollandaise or egg sauce.

CARROTS (*Daucus Carota,* Linn.)

Young tender carrots, when fresh, are very palatable and wholesome. They may be boiled in plain water without salt, or in stock.

Full grown and mature carrots contain a little sugar, and some starch, and are unfit for diabetic patients; but the young succulent roots contain but little more than water and mineral matter; they have a trace of iron, and are considered anti-scorbutic.

CARROTS à la POULETTE

Scrape a bunch of very young carrots, soak them a half hour in cold water, then cook in boiling unsalted water until perfectly tender, about thirty minutes. Beat the yolk of an egg slightly, stir into it carefully two teaspoonfuls of melted butter, add four tablespoonfuls of boiling stock and a dash of salt; pour this over the carrots and serve.

CARROTS IN TURNIP CUPS

Tiny carrots cut into dice and boiled may be seasoned with salt and melted butter, and served in "turnip cups." See Turnips.

OLD CARROTS

Scrape and wash two good-sized carrots, grate them into a pint of boiling stock, add one good-sized onion, grated, simmer thirty minutes and add a half teaspoonful of salt, a tablespoonful of chopped parsley and the juice of half a lemon. Serve in a soup dish and garnish the top with the powdered yolk of a hard-boiled egg.

Good in cases of chronic constipation.

STEWED OLD CARROTS

Scrape the carrots, cut them into thin slices and soak them in cold water an hour. Boil in unsalted water three-quarters of an hour, or until tender; drain and serve with cream sauce.

PICKLED CARROTS

Wash and scrape six good-sized full-grown carrots; cut them into slices crosswise a quarter of an inch thick, and soak in cold water for an hour. Boil in unsalted water until tender, about three-quarters of an hour; drain, put the slices into a jar with alternating layers of sliced onions; add two bay leaves, a half teaspoonful of crushed celery seed, and if you have it, a sprig of tarragon. Fill the jars with vinegar and stand aside for twenty-four hours.

Pickled carrots make an exceedingly nice garnish for lettuce or potato salad, and may be used as a garnish for cold meat.

Young pickled carrots may be used now and then in mild cases of diabetes and for the obese.

CELERY (*Apium graveolens,* Linn.)

For eating raw, use the tender bleached celery from the center of the root; it makes a nice accompaniment to a broiled steak or Salisbury steaks for diabetics and the obese.

TO PREPARE CELERY

Trim off the root and throw the head of celery into cold water the moment it comes from the market. Separate it to the center, and with a small scrubbing brush scrub each piece carefully, rinse it, put it in a bag and on the ice until wanted. Save the outside portion for stewing or for cream of celery soup, and the green tops for soup flavoring.

TO FRINGE CELERY

To give variety in service where there is long-continued feeding, fringe the celery instead of serving it plain.

Cut nice crisp pieces of celery into two-inch lengths, then with a sharp knife make six or eight cuts about a half inch in length at both ends of these pieces; then make about five parallel cuts. Throw them at once in cold water; in about one hour the cut portions will curl back, giving the celery the appearance of being fringed.

STEWED CELERY

Cut the outside pieces of celery into one-inch lengths, cover them with boiling salted water, and cook slowly for thirty minutes, or until the pieces are perfectly tender. There should now be just water enough to cover the celery; add a palatable seasoning of butter, and a little pepper if allowable.

CREAMED CELERY

Cook according to the above recipe, drain off the water, saving it for soup. Cover the celery with cream sauce and send to the table.

CELERY à la POULETTE

Boil the celery as directed in first recipe; drain, saving the water. Beat the yolk of one egg until light, add slowly a quarter cupful of the water in which the celery was boiled; cook a minute to the thickness of mayonnaise

dressing; stir in a teaspoonful of butter and a dash of salt. Dish the celery, pour over the sauce and serve.

This makes a nice change for diabetic patients.

CELERIAC (*Apium graveolens,* Variety *Rapaceum*)

Celeriac, which may be the father of celery, is a sort of turnip-rooted celery, which is usually peeled, boiled, cooled and sliced, to serve with mayonnaise dressing under the name of celery root salad. It also makes a good cream soup.

Where restricted feeding is long continued and variety necessary it may be boiled and served with egg sauce.

CUCUMBERS (*Cucumis sativus,* Linn.)

Cucumbers contain but very little nourishment; they are rich in water and contain some mineral matter. They are chiefly prized for their odor and flavor. If eaten raw, they must be taken very young, and used the same day in which they are picked. They must always be soaked in cold water, without salt. If salt is added they lose their crispness, become leathery and are dangerous to persons of weak digestion. When carefully cooked, they are very easy of digestion.

TO SERVE RAW

Peel very young cucumbers, soak them in cold or ice water one hour; grate, drain, and add a little French dressing and use at once.

This makes a nice accompaniment to broiled, boiled or baked fish.

CUCUMBERS à la POULETTE

Pare large cucumbers, cut them into halves, and with a spoon scoop out the seeds; cut each half into three pieces crosswise. Put them in a piece of cheesecloth, tie loosely, then in a kettle of boiling salted water to cook thirty-five

minutes. Lift the cheesecloth, put it in a colander until the cucumbers are thoroughly drained. Beat the yolk of an egg until light, add a half cupful of water in which the cucumbers were boiled; when thick and smooth add a half teaspoonful of salt, a dash of lemon juice and a teaspoonful of butter. Put the cucumbers in a dish, pour over the sauce and use at once.

VEGETABLE MARROW (*Cucurbita Ovifera,* Linn.)

These resemble long narrow cucumbers. When well cooked, like cucumbers, they form an excellent succulent vegetable.

CHRISTOPHINES

Christophines may be pared and cooked according to the recipe given for cucumber. Serve with a little salt and butter or egg sauce.

SUMMER SQUASH (Cymlin)

This belongs to the pumpkin tribe; in chemical composition, however, it closely resembles the cucumber and vegetable marrow. It may be carefully boiled in very little water, mashed through a colander and seasoned with salt and butter. Or it may be boiled carefully like cucumbers, in pieces, and served with cream or egg sauce.

EGGPLANT (AUBERGINES)

(*Solanum melongena,* Linn., Variety *esculentum*)

Eggplant may be a food for persons in health, but they take no part whatever in diet for the sick.

HORSERADISH (*Nasturtium Amoracia,* Fries)

The edible portion of this plant is the long tap root. It may be used in cases of prolonged feeding for the obese, and where continued meat diet is ordered. The aromatic

principles which give flavor to horseradish help to make the meat more appetizing.

It is usually grated and covered with vinegar. Grated and mixed with cream, however, it makes a much better condiment.

Use it sparingly; beware of the condiments that "bite."

OKRA (*Hibiscus esculentus,* Linn.)

The young pods of this plant constitute the edible portion; they are rich in mucilage, and are used principally, in this country, for thickening soups. Among the Creoles and in the British West Indies okras are boiled in plain salt water and served as a vegetable. As they do not contain either starch or sugar, they make one more summer vegetable for the diabetic and the rheumatic.

In our northern markets okra is frequently incorrectly called "gumbo."

BOILED OKRA

Wash six young, tender pods, soak them in cold water for a half hour. Drain, put them in a granite kettle, sprinkle with a saltspoonful of salt, cover with boiling water, and cook slowly thirty minutes, or until the pods are perfectly tender. Drain, arrange them in a small heated dish, put over a little butter and a dash of lemon juice.

OKRA AND TOMATOES

Put six small okra into a saucepan with two large tomatoes that have been peeled, cut into halves and the seeds pressed out; cover the saucepan and stew for thirty minutes, then add a palatable seasoning of salt and a level tablespoonful of butter. Serve at once in a heated dish.

ONIONS (*Allium Cepa,* Linn.)

The common onion, a large bulb, contains a very pungent flavoring due to a volatile oil, rich in sulphur. This

odor, like the odor of cabbage, is dissipated and thrown off by careless cooking. Onions must be soaked in cold water an hour before cooking; cook in boiling salted water, in an uncovered vessel. Serve plain or with cream, or with butter. They are wholesome, rather easy of digestion when carefully cooked, and are stimulating to the intestines.

They are valuable in cases of chronic constipation. Made into cream soup, they may be given to invalids who have no cardiac trouble, the aged and children.

TO BOIL ONIONS

Peel off the skins, and then remove another layer even if it seems to be tender. Soak them in cold water for a half hour, then boil in salted water until perfectly tender, about three quarters of an hour; drain, saving the water in which they were boiled as a flavoring for beef or other soup. Add a little salt, butter, or salt and cream.

BAKED ONIONS I

Peel a good-sized Bermuda onion, throw it into cold water for a half hour, then boil it in salted water for twenty minutes; drain, wipe it dry with a towel, brush it with butter, dust lightly with salt, wrap it in a piece of oiled paper, put it in an individual baking dish or a ramekin, and bake in a slow oven three quarters of an hour.

To eat, untwist the top of the paper and scoop out the center of the onion with a spoon, much as you would eat an egg from the shell.

BAKED ONIONS II

Peel off the outside of the onion until you have reached the very tender layer. Put them into a baking dish; cover with water. Cover the baking dish, and cook in a moderate oven one hour. Dish, and serve with a little salt and butter.

BOILED ONIONS FOR ASTHMATICS

Peel the onions; throw them into boiling water; add a teaspoonful of salt, and boil carefully for three quarters of an hour. Drain, and press through a sieve. Reheat; add a tablespoonful of cream, and serve in a heated dish.

STUFFED SPANISH ONION

Procure a medium-sized Spanish onion, throw it, without peeling, into a kettle of boiling salted water; keep it near the boiling point, but do not let it boil, for three-quarters of an hour. Take it out with a skimmer, remove the outside skin, open it lightly and scoop out the center. Fill this space with nicely-seasoned chopped meat—beef or chicken; wrap the onion in waxed paper, stand it in an individual baking dish and bake in a moderate oven one hour.

To serve, remove the paper, lift the onion carefully to a small dish, put over a little melted butter or cream sauce, and serve.

In cases of rheumatism, where meat is forbidden, stuff it with chopped almonds mixed with bread crumbs and the soft portion of the onion that was scooped out.

LEEK (*Allium Porrum,* Linn.)

The bulb of the leek is greatly elongated, and the leaves broad and linear. Leeks are used to give flavoring to soups and sauces.

SCULLIONS OR SPRING ONIONS

Those who can digest them, may eat these raw with salt, or sliced over lettuce salad. The center soft part may be boiled in salt water and served the same as asparagus.

PEPPERS

There are many varieties and forms of pepper; they all belong, however, to the genus *Capsicum.* Tabasco

sauce, a liquid pepper sauce made from small Tabasco peppers, is perhaps one of the best of the pepper seasonings. Liquid pepper is less irritating than ground pepper.

The large sweet variety of the common peppers is used as a garnish to salad, or stuffed with meat and baked, or is made into sauce for chopped meat dishes. All these, however, are indigestible, and to many persons quite poisonous.

The large red "bell" pepper is used for such highly-seasoned dishes as tamales, chile-con-carne and curries.

STUFFED PEPPER I

Select one large sweet pepper, cut off the stem end, and remove the seeds. Wash the pepper, soak it in cold water for thirty minutes. Fill it with chopped, nicely-seasoned, beef or chicken, or mutton; stand it in a baking pan, cover the bottom of the pan with water and bake slowly about three quarters of an hour. Just before it is done put a bit of butter on top and baste with a tablespoonful of the water.

Do not allow the patient to eat the skin, but the meat cooked in the pepper will have a very agreeable flavor.

STUFFED PEPPER II

In cases where meat is forbidden, peppers may be stuffed with carefully-boiled rice, or chopped nuts and bread crumbs.

RADISHES (*Raphanus sativus,* Linn.)

Radishes contain neither starch nor sugar. When young and very tender they may be eaten raw, with a little salt; old, they are dense and difficult of digestion, quite unfit for persons in health.

Carefully boiled in unsalted water, dressed with a little butter, they form an exceedingly nice winter vegetable, and are quite easy of digestion. The preferable varieties for boiling are the large Japanese and black Spanish.

TURNIPS

Of these we use two varieties, *Brassica Rapa,* Linn. and the ruta-baga or Swedish turnip; both are prepared after the same recipes. Turnips do not contain sugars nor starch, but amyloids in the form of gum and inulin, with quite a marked quantity of pectose. When well cooked, they make an agreeable and harmless vegetable for diabetic persons. Turnip tops, or the sprouts from old white turnips, dressed with French dressing, make an exceedingly nice spring salad.

BOILED TURNIPS

Pare a solid turnip, cut it into dice, and soak in cold water for a half hour; drain, put in a kettle of unsalted boiling water and boil, uncovered, for twenty minutes or until white and transparent. Drain in a colander. Serve with melted butter and a little salt to diabetic, rheumatic and gouty patients. Turnips are a nice accompaniment to boiled or roasted mutton.

TOMATOES (*Lycopersicum esculentum,* Miller)

Dietitians disagree regarding the advisability and wholesomeness of adding tomatoes to diet for the sick. Of this we are quite certain, persons who have rheumatic or gouty diathesis, or cancer, cannot eat tomatoes without definite and uncomfortable results. When eaten raw with a little sugar, or a sprinkling of salt and a little olive oil, they seem to agree far better than when cooked.

TO SERVE RAW

Select a large ripe, solid tomato, peel it carefully, without scalding, cut a thick slice from the middle of the fruit, dish and dust lightly with sugar or with salt, and pour over a tablespoonful of olive oil.

Do not serve tomatoes with mayonnaise dressing or vinegar to the sick.

SPINACH (*Spinacia oleracea,* Miller)

This includes a number of varieties of the same plant, common spinach, green and blue, the New Zealand and West Indian. They differ very little chemically, and may be cooked and served by the same rules.

BOILED SPINACH

One Serving

Wash a quart of spinach through several cold waters, always shaking it from the water and putting it in another dish of clean water. Cut off the roots. Put the leaves in a colander, plunge the colander down and up in a good-sized pan of cold water. Put a half cupful of water in a saucepan, put in the spinach, sprinkle over a teaspoonful of salt, cover the saucepan and cook slowly for twenty minutes; drain carefully, and chop the spinach very, very fine. Return it to the saucepan, add a tablespoonful of butter, stir over the fire until smoking hot, arrange it in the form of a mound in a small heated dish, put over the top a hard-boiled egg pressed through a sieve, and if admissible garnish the edge of the dish with triangular pieces of toast.

SPINACH à la CREME

Cook the spinach as directed in first recipe. When done and drained, chop it very fine, put it back in the sieve to drain again; when dry turn it into a saucepan, add two tablespoonfuls of thick cream, a dash of salt, and when hot serve on a piece of toasted bread, softened with two tablespoonfuls of hot milk.

STACHYS (*Stachys tuberosa*)

This small tuber resembles very much a short, thick corkscrew; it is grown in many parts of the United States, but is of Japanese origin. It resembles in texture and composition the Jerusalem artichoke. It contains inulin, but

no starch. It may be boiled in unsalted water and served with melted butter and a dash of lemon juice, or with a little salt and cream.

MOCK ARTICHOKES

Pare a solid white turnip, cut it into slices a quarter of an inch thick, and with a round cutter, cut from each slice a "cake" about an inch and a half in diameter. Cook in boiling unsalted water until perfectly transparent. Arrange them on a small platter, one slice overlapping the other; put at the end of the platter a well-made egg sauce.

MASHED TURNIPS

Boil the turnips according to the first recipe, drain in a colander, press through a colander and add salt and butter.

EDIBLE WEEDS

SOURDOCK (*Rumex cripus,* Linn.)

Sourdock contains a small amount of oxalic acid and cannot be used in ordinary sick diet unless ordered by a physician. It is cooked the same as spinach.

SORREL (*Rumex Acetosella,* Linn.)

What is true of sourdock is true also of sorrel. Cultivated sorrel contains less acid than the wild variety. It is not palatable alone, as a salad, but chopped and sprinkled over lettuce gives variety to the diet in diabetes.

POKE SHOOTS

The young shoots of the *Phytolacca decandra* may be boiled and served on toast with cream sauce or melted butter alone, same as asparagus. When well cooked, they are tender and easy of digestion; good in cases of chronic constipation.

LAMBS' QUARTERS

(*Chenopodium capitatum,* Watson)

Lambs' quarters grow in almost every garden and make the most delicate of the greens. Cook them the same as you would cook spinach; they are much better.

PURSLANE (*Portulacca oleracea,* Linn.)

Purslane is a hardy annual plant, a common weed in most yards. If it grows in a garden where it is slightly cultivated, it is much better. Boiled in plain salt water makes an exceedingly good green. Is valuable in chronic constipation, chronic rheumatism or gout.

SHEPHERDS' PURSE

(*Capsella Bursa-Pastoris,* Moench)

This is also a common weed, which may be washed, boiled and served same as spinach.

DANDELION (*Taraxacum officinale,* Weber)

Almost everybody knows that the early shoots from the dandelion roots make a very good "green" as well as a salad. From a medicinal standpoint, the tender shoots served raw are best. If boiled, use as little water as possible; cook them the same as spinach. The tender shoots soaked in cold water, make an admirable salad when dressed with French dressing. Good for rheumatics, liver and certain urinary troubles.

MINT

The ordinary spearmint (*Mentha viridis,* Linn.) is used with vinegar in mint sauce. Without sugar it makes an agreeable addition to lamb in diabetic diet. It is also nice chopped and sprinkled over a cabbage salad. A bit of mint cooked with string beans gives them a new and attractive flavor.

PARSLEY (*Carum petroselinum,* Bentham)

A little chopped parsley over a dish of creamed potatoes, lettuce salad or carefully-cooked turnips makes a pretty garnish and gives a nice flavor.

Curly parsley is the most popular garnish for meats and fish.

THE COMMON SALAD PLANTS

While many of the plants in this group are frequently cooked, they are decidedly more palatable and attractive when served raw. They are quite free from starch and sugar, are very succulent, containing about ninety-five per cent. water and a small amount of mineral matter. They are valuable waste food. Many contain pungent volatile oils, to which they owe their flavor.

CHICORY (*Cichorium Intybus,* Linn.)

Young and tender chicory makes one of the nicest of salads. It comes in the winter when lettuce is not good. It should be washed in cold water, put into a dry napkin or small bag and hung up in a cold place or put on the ice until serving time. The outside leaves of chicory may be cooked the same as spinach.

CORN SALAD OR LAMB'S LETTUCE (*Valerianella olitoria,* Poll)

While this plant grows abundant and wild in Southern Europe, it is cultivated in the United States for an early spring salad green. It has little or no place in diet for the sick, it wilts quickly and unless carefully treated becomes indigestible.

ENDIVE (*Cichorium Endivia,* Linn.)

The ordinary American endive makes a good fall and winter salad. Like chicory, the very tender middle shoots must be used. The outside bitter leaves may be cooked and served the same as spinach. It is said to be good in cases of chronic rheumatism or gout, or for people who have inactive or sluggish livers.

IMPORTED ENDIVE

The imported endive or Batavia, which is also grown in this country, belongs to the same family as our ordinary variety, but is treated in a different manner. The first leaves are cut from the roots, leaving a crown; the roots are buried in sand, and it is the second crop of leaves that are used for salads. It makes a most appetizing salad. If allowable, it may be served with mayonnaise, but as a rule French dressing is to be preferred.

GARDEN CRESS OR PEPPER GRASS

(*Lepidium sativum*)

This resembles in flavor and slightly in appearance the ordinary water cress; it must, however, be used when very tender and young or it becomes pungent and bitter. It makes a better salad flavoring than a salad. A few leaves sprinkled over lettuce or over a well-made cabbage salad give variety to dinner salads.

LETTUCE (*Lactuca sativa,* Linn.)

We have many, many varieties of lettuce in the market; all of them, when young, tender and crisp, are wholesome, cooling, palatable, and if thoroughly masticated, digestible. The cos or upright lettuce, known in the market as Romaine, served with French dressing, makes one of the most attractive of salads.

STEWED LETTUCE

Wash thoroughly a fine head of lettuce; with a sharp knife shred it across the head, put it in a kettle, with a half pint of boiling water, and a half teaspoonful of salt; cover the kettle and cook slowly for at least three quarters

of an hour, until the lettuce is perfectly tender. Drain, chop it very fine, add a little butter and it is ready to serve.

Good for diabetic patients. Lettuce may also be stuffed with meat and served the same as savoy.

MUSTARD

The leaves of the young *Brassica alba* are sweet and bland, and may be served alone with French dressing as a salad, but are much better sprinkled over lettuce or cabbage or young chicory.

WATER CRESS (*Nasturtium officinale,* R. Brown)

This plant grows wild over a number of our running streamlets. It must be well washed, the leaves broken from the stems, or very young shoots used. It is antiscorbutic and makes an excellent salad in chronic constipation. Many German physicians give it in cases of inactive livers.

All uncooked vegetables must be thoroughly masticated.

SALADS

Nearly all cold cooked green vegetables, as well as the tender uncooked leaves of such vegetables as lettuce and cress, with French dressing, make palatable and sightly salads; they cannot, however, be considered sick diet. Where feeding is long continued, as in chronic rheumatism, gout, tuberculosis, chronic constipation and in certain cases of diabetes, salads are to be recommended. Do not use mayonnaise dressing, unless now and then with a peeled tomato or on very tender celery.

Use pure olive oil, with a little salt and lemon juice or pure apple vinegar.

Thick dressings, made from butter and cream or thickened milk, are not acceptable to a weak stomach. Fruit salads are, as a rule, unpalatable and frequently nauseating to the sick. The only fruits that make an attractive and wholesome salad are grape fruit and apples, served with French dressing, not mayonnaise.

Where waste food is necessary as well as bulk, green vegetable salads are excellent. They contain the salts necessary to the well-being of the blood, the oil is an important food, and the vinegar or lemon juice gives appetite, which aids in the digestion and assimilation.

In winter, hard white cabbage, shaved as fine as hair, soaked in cold water for one or two hours, drained and served with French dressing, makes the best salad in cases of rheumatism, chronic constipation or gout. It is an exceedingly nice accompaniment to plain broiled oysters. Also good as bulk food in cases of obesity.

As soon as green vegetables come home from the market put them in cold water, soak for a half hour, wash thoroughly and put in a bag or salad shaker and on ice, or in any cold place, until dry and crisp. The better way is, put them in a cheesecloth bag, on the ice; then, each time a salad is needed take out the desired quantity, which will be cold and crisp, and most important, dry.

The dressing should be made at the last minute, poured over the salad, the salad thoroughly mixed and served at once. If the dish is handsomely garnished, take it to the patient without dressing, keeping the dressing in a tiny pitcher or bowl. Pour over the dressing, mix, and allow the patient to eat it from the dish on which you have mixed it.

FRENCH DRESSING

Put a saltspoonful of salt and a half drop of Tabasco (if admissible) into a bowl or soup plate, put in a piece of ice the size of an egg, rub the salt with the ice until the salt is dissolved, pour over two tablespoonfuls of olive oil, stir a moment, remove the ice, add a teaspoonful of lemon juice or vinegar and beat a moment until the dressing is rather thick and opaque. Use at once. This will be sufficient for one person.

The flavoring of the dressing may be changed by rubbing the spoon with a clove of garlic, adding tarragon instead of plain vinegar, or sprinkle various chopped herbs over the lettuce.

MAYONNAISE DRESSING

Put the uncooked yolk of one egg into a clean, cold soup dish, add a half drop of Tabasco and a pinch of salt; stir with a fork until well mixed, and add, drop by drop, four tablespoonfuls of olive oil; add a few drops of lemon juice or vinegar, and put it into the serving receptacle. Stand aside in a cold place until wanted.

Where a large quantity of mayonnaise is needed, of course the proportions must be larger; start with the yolks of two eggs instead of one.

WHITE MAYONNAISE

Make a plain mayonnaise dressing and stand it aside until wanted. At serving time put six tablespoonfuls of thick cream into a small bowl, stand it in another of cracked ice, and with an ordinary wire egg beater or a Dover beater

beat the cream to a stiff froth; fold it into the mayonnaise and use it at once.

This is nice for very tender celery or cold boiled fish.

A GROUP OF SUCCULENT VEGETABLES FOR SALADS

Hard white cabbage
Tender asparagus
Very young peas
Young string beans
Carrots
Cauliflower
Chicory
Cress
Very young cucumbers
Young dandelions
Romaine
Endive
Imported endive
Spinach

ATTRACTIVE COMBINATIONS

Tart apple on lettuce
Tender celery in peeled tomatoes
Tender celery and apple
Chopped mint on cabbage
Cold left-over peas in peeled tomatoes
Molded spinach on a slice of boiled turnip
Grated raw carrot with ground pecans
Macedoine of vegetables on lettuce
Macedoine in turnip cups
Grape fruit and lettuce
Orange and lettuce
Grated raw pineapple and lettuce

All to be served with French dressing.

SUITABLE COMBINATIONS FOR MAYONNAISE

Sweetbreads
White meat of boiled chicken
Tender breastmeat of tame duck
Breasts of birds
Boiled white-fleshed fish
Carefully-cooked lamb

The tender meat of the chicken and lamb may be mixed with finely-shaved celery. Fish is usually served with lettuce or cucumbers.

BREAD MAKING

Bread for persons in health, as well as those in disease, should be made from good strong flour and the best compressed yeast or sweet homemade yeast. It should not contain either sugar, lard or butter. According to my way of thinking, bread is much better made in daylight than in the dark. It should be sponged early in the morning, and baked at noon, or a little before. It should be made into small square loaves, each loaf put into a separate pan and baked. When taken from the oven, turn it out on a wire rest, or stand the loaf leaning against the pan so that the air may circulate freely around it. Do not cover it with either paper or cloth. If covered, the moisture is retained, the bread spoils quickly and the crust becomes soft.

Fresh bread should not be eaten by the well or sick. In every well-regulated household enough bread should be made one day to last an entire week. Small breads, biscuit, bread sticks and Vienna rolls may be placed in a hot oven five minutes before serving time to renew their crispness. No matter how stale the bread or rolls, a few minutes in a hot oven will make them crisp and palatable.

Reheat or rebake only the quantity required. The evaporation of water under the influence of heat makes them hard and unpalatable when reheated a second time.

To Keep Bread: When the bread is cool put it away, without wrappings, in a perfectly clean tin box. The fibre of either linen or cotton takes up the moisture thrown off from the bread, and will in a short time sour, become moldy and contaminate the bread. Sour, moldy bread is unwholesome, if not dangerous.

TWENTIETH CENTURY BREAD

Pour one pint of boiling water into one pint of milk. When lukewarm add a teaspoonful of salt, half an ounce of compressed yeast moistened in two tablespoonfuls of warm water, then sufficient whole wheat flour to make a

batter that will drop from the spoon. Beat thoroughly for about five minutes, scrape down the side of the bowl, remove the spoon, stand the bowl in a pan of warm water, cover the whole, keep in a warm place (75° Fahr.) for three hours. Then stir in gradually sufficient whole wheat flour to make a dough. Turn the mixture on the baking board and knead thoroughly until soft and elastic. It must not be dry and need not necessarily lose all its stickiness. Cut the mixture into four loaves, roll them out, under the hand, about twelve inches in length and three inches in diameter. Place them in long French bread pans, cover and stand in a warm place for one hour and bake in a quick oven thirty-five to forty minutes.

This bread, well buttered, is a perfect food. It contains the mineral matter of the wheat, and should be the only bread given to children.

WHITE BREAD

Pour one pint of boiling water into one pint of milk. When lukewarm add a teaspoonful of salt, half an ounce of compressed yeast moistened in two tablespoonfuls of warm water. Then add, gradually beating all the while, sufficient flour to make a dough. Take the mixture on the board and knead it until it loses its stickiness and is soft and elastic. Put it back into the bowl, stand it in a pan of warm water, cover the whole for three hours. Then turn the dough on the board, form into two loaves, stand aside for one hour, and bake in a quick oven thirty minutes. This bread may be used as a dinner bread or with any meal where concentrated nitrogenous foods are served.

HOMEMADE YEAST

Use Fleischmann's compressed yeast cakes if you can get them, especially in making bread for the sick. If this is out of the question, use as next choice good homemade yeast.

Grate four good-sized potatoes into one quart of boiling water, cook and stir over the fire for five minutes; when cool add two tablespoonfuls of salt, a half cupful of sugar, a half cupful of homemade yeast or one compressed yeast cake dissolved in a half cupful of cool water. Put this in a good-sized stone or glass jar, cover with a saucer and stand in a warm place (68° Fahr.) for several hours. Each time the mixture comes to the top of the jar stir it down, and keep stirring it down until fermentation stops. Bottle, cork with a cotton plug and keep in a cold place.

One cupful of this yeast will make three one-pound loaves of bread.

BREAD MADE WITH HOMEMADE YEAST

Scald one pint of milk, add one pint of water, and when lukewarm add a half teaspoonful of salt, a tablespoonful of sugar, one cupful of homemade yeast and sufficient flour to make a batter that will drop rather than pour from a spoon. Beat thoroughly for ten minutes, by time; add another cupful of flour, mix thoroughly, cover and stand in a warm place over night. Next morning add sufficient flour to make a dough; knead this until it is soft and elastic, put it back in the bowl, cover, and when it has doubled its bulk in two and a half or three hours, mold it into loaves, put each loaf in a greased square pan, cover, and when it has doubled its bulk and is very light, bake in a moderately quick oven three-quarters of an hour.

GRAHAM BREAD

To make one loaf of Graham bread, take one pint of white sponge; add a tablespoonful of molasses and stir in sufficient Graham flour to make a batter, that is difficult to stir but not sufficiently stiff to knead. Pour into a greased square pan; let it stand one hour, and bake in a moderate oven three-quarters of an hour.

PULLED BREAD

Pulled bread is simply the crumb of a one-day old loaf, pulled or cut apart into strips and carefully rebaked. Trim the crusts from the outside of the entire loaf; begin at one end of the loaf, pull it into halves, using two forks, then pull each half into quarters and eighths. Put these in a baking pan lined with brown paper, stand the pan in the warm oven, with the door open, until the bread is dry, then close the door and toast it to a golden brown. To be exactly right it must be crisp to the very center. It may be kept in a tin box, and reheated. The ordinary long French loaf, that can be purchased in any city, makes the best pulled bread.

BREAD STICKS

Use either of the preceding rules for bread. When the bread is light at molding time, take off a tiny portion the size of a marble, roll it out under your hand until it is four or five inches long and the size of a lead pencil. Put it in a greased baking pan or into a bread stick pan; cover and stand aside a half hour in a warm place. Bake in a quick oven fifteen minutes.

RUSKS

Scald one quart of milk, add to it two tablespoonfuls of sugar, a teaspoonful of salt, and when lukewarm, half an ounce of compressed yeast, moistened in two tablespoonfuls of warm water. Now add sufficient flour, about one pint and a half to make a batter. Beat thoroughly and stand in a pan of warm water, cover the whole and keep warm for four hours. When light add sufficient flour to make a dough, knead lightly until soft and elastic. Put it back in the bowl and when it has doubled its bulk and is very light, pinch off bits of the dough, form them into round biscuits, stand in greased pans, cover and stand in a warm place (75° Fahr.) for one hour or until very light. Brush

the tops with water and bake in a quick oven twenty minutes. Stand aside until cold and they are ready for making into zweiback.

ZWEIBACK

After the rusks have been baked according to the preceding recipe, and are quite cold, pull them into halves, put them on brown paper in an ordinary shallow baking pan, baked side down, dry them in a moderate oven, with the door open, until they are crisp but not brown, then close the door and toast them gradually, watching carefully, until they are a light brown. To be quite perfect, they must be crisp to the very center.

These will keep, in a tin box, in a dry place, for a week.

ZWEIBACK SLICES

Make the rusk dough according to the recipe given, but knead it into two round loaves, put these in round, shallow basins, and when light bake as directed; stand them aside over night. Next morning cut the loaves into slices a half inch thick, put them on brown paper in a shallow baking pan and toast as directed for rusks.

UNLEAVENED BREAD

Unleavened bread is bread made without yeast or materials that produce fermentation when moistened. No means are taken to make the bread light except ordinary kneading and beating, which aërates the dough.

Put a quart of flour in a bowl, add a half teaspoonful of salt and sufficient water and milk mixed to make a dough that is rather stiff. Take this on a board, and knead and work it with the hands until it becomes soft and elastic. Pound it with an ordinary potato masher, folding the dough over as you pound it out; or, if you live in the South, use the ordinary Maryland biscuit "brake." When the dough is light and seems filled with air bubbles, make it into small

biscuits or tiny rolls the length and size of your finger, or it may be rolled into a thin sheet and cut into squares. All unleavened bread must be baked in a moderate oven until thoroughly done and lightly browned.

PASSOVER BREAD

Make an unleavened dough, pound it and knead it until very light, take off a piece the size of a teacup, roll it in a very thin sheet, cut it into rounds the size of an ordinary breakfast plate, pick them carefully with a fork, and bake in a moderate oven until slightly browned, thoroughly dried and crisp.

WHOLE WHEAT FINGERS

Make a dough as directed for unleavened bread, using whole wheat flour in the place of white flour. When the dough is soft and elastic, roll it into a very thin sheet, cut into small squares with pastry jagger, and bake thoroughly in a moderate oven.

If these are to be served warm, bake them in a quick oven to make them puff.

UNLEAVENED WHOLE WHEAT GEMS

Grease iron gem pans, and put them into a very hot oven. Put one pint of ice water in a bowl, and stir in hastily, beating rapidly, a half pint of whole wheat flour. Pour this into the hot gem pans, and bake in a quick oven twenty minutes. Two tablespoonfuls is quite enough for one gem. If well made they resemble popovers.

TO MAKE BRAN FLOUR

Take three quarts of wheat bran, and boil in two successive waters for ten minutes, each time straining through a sieve. Then wash it well with cold water in the sieve until the water runs off perfectly clear; squeeze the bran in a cloth until dry, spread it in a granite baking pan and dry it in a

slow oven. A very good way is to put it in the oven at night, allowing it to remain until the morning. The oven must be sufficiently hot to dry the bran or it will ferment. When perfectly dry and crisp grind it through a coffee mill and sift through a fine hair sieve. If any portion of the bran is retained in the sieve put it back and grind it over. Put the flour thus produced in glass jars and stand aside for use.

THE BRAN LOAF AND GEMS

To make bran bread or gems, beat three eggs without separating, add to them a half pint of milk, then stir in three ounces of bran flour. Add a half teaspoonful of ground ginger, 35 grains of bicarbonate of soda and three drops of dilute hydrochloric acid. Pour into greased gem pans or into a small square bread pan and bake in a moderate oven about three-quarters of an hour.

BISCUITS FROM BRAN FLOUR

Beat three eggs without separating. Mix with six ounces of bran flour half teaspoonful of ginger, 35 grains of bicarbonate of soda; add one tablespoonful of molasses and the eggs to a half pint of water and stir into the bran. Knead using more bran flour if necessary, roll out in a very thin sheet, cut into squares, bake lightly until thoroughly crisp. These will keep for a long time in a tin box.

BRAN STICKS

Moisten bran flour, prepared according to the first recipe, with a little cold milk. The dough must be stiff enough to roll, when well worked. Roll it out the length of your finger and a little larger than a lead pencil. Place on greased paper in a baking pan, and bake in a slow oven.

BRAN SHEET

Beat two tablespoonfuls of butter to a cream. Dissolve a saltspoonful of soda in a tablespoonful of water, add it to the butter, add two tablespoonfuls of milk and one

beaten egg; stir in sufficient bran flour to make a very stiff dough. Knead well and roll it out into a sheet as thin as a wafer; cut it into squares of two inches, lift with a broad knife, place on greased paper, in baking pans, and bake in a very slow oven until crisp and slightly brown.

BRAN CAKES

Take two ounces of the bran flour and rub in one tablespoonful of butter. Beat two eggs, without separating, until light, add a half pint of milk, stir this into the bran, add a level teaspoonful of baking powder and drop quickly into greased gem pans, or spread on oiled paper in the bottom of a baking pan. It must not be over an eighth of an inch thick. Bake until crisp and hard.

All these bran breads take the place of ordinary bread for diabetic patients. It must be remembered that bran is quite irritating to the intestinal tract; if diarrhœa is produced, substitute gluten breads.

PURGATIVE BISCUITS

Put four ounces of whole wheat flour into a bowl, add to it two tablespoonfuls of rolled oats, six ounces of moist browned sugar, thirty grains of brown Jamaica ginger, sixty grains of powdered jalap, and mix thoroughly together. Beat three whole eggs, stir them into the mixture, knead, roll out to a thin sheet, cut into eighteen square biscuits, and bake in a slow oven one hour. These must be thoroughly dry to the very center and a golden brown. One at bedtime, thoroughly masticated and followed by a half glass of cold water, will relieve the most obstinate cases of chronic constipation.

SWEDISH SHEETS

Add a half teaspoonful of salt to one quart of whole wheat flour, rub into it a tablespoonful of olive oil, then add sufficient cold water to make a very hard dough.

Knead and beat this dough with a potato masher until it becomes soft and elastic. Take off a portion of the dough, roll it into a very thin sheet, not over an eighth of an inch in thickness; cut this into biscuits about the size of a breakfast plate—put a plate down and cut around it. Pick them to the very bottom with a steel fork, bake them at first in a quick oven, then allow the oven to cool until the cakes are thoroughly dry to the very center.

These should be crisp and brittle. An exceedingly good bread for dyspeptics.

PEPTIC BREAD

Sift one quart of flour, four level teaspoonfuls of baking powder and a half teaspoonful of salt together three times. Beat two eggs, without separating, add one pint of milk, turn this into the flour, and stir quickly and thoroughly until the dough is well mixed. Turn at once into two greased pans, stand aside ten minutes, and bake in a moderately quick oven three-quarters of an hour.

SCHOOL LUNCHEON BREAD

Sift two cupfuls of flour, a half teaspoonful of salt and two rounding teaspoonfuls of baking powder together; add one cupful of chopped peanuts, or English walnuts, or pecans, and one cupful of currants or raisins. Beat one egg until well mixed, without separating, add one tablespoonful of molasses and a half pint of milk. Add these to the dry ingredients, stir until well mixed, turn into a greased square bread pan and stand aside ten minutes. Bake in a moderate oven forty minutes.

Cut into thin slices and buttered, this makes exceedingly nice sandwiches for school luncheons.

THE NUT LOAF

Put two cupfuls of flour, two rounding teaspoonfuls of baking powder and a half teaspoonful of salt in a flour

sieve, sift thoroughly once or twice and add two-thirds of a cupful of finely-chopped nuts, pecans or peanuts. Beat one egg lightly, without separating, add one cupful of milk, turn this into the flour mixture, stir thoroughly and quickly until well mixed, turn into a square greased pan, cover, stand aside ten minutes, and bake in a moderately quick oven three-quarters of an hour.

Raisin Bread—Make precisely the same as nut bread, substituting a cupful of chopped raisins for the nuts.

QUICK BISCUITS

While hot yeast breads of all kinds should be avoided both by the well and sick, a warm baking-powder biscuit may now and then be used. Put one quart of flour in a bowl, rub in quickly a tablespoonful of butter or a tablespoonful of olive oil. Add half a teaspoonful of salt, two teaspoonfuls of baking powder, mix thoroughly and add sufficient milk, about a cup and a half, to make a moist dough. Take the dough out on the board, knead lightly and quickly, roll into a sheet half an inch thick. Cut into small round biscuits, stand them in a greased pan, sufficiently far apart not to touch. Brush the tops with milk and bake in a quick oven twenty minutes. These may be made from either whole wheat or white flour.

GEMS

Separate two eggs, beat the yolks and add one cupful (a half pint) of milk; add a half teaspoonful of salt and one and three quarters cupfuls of flour. Beat thoroughly, add two rounding teaspoonfuls of baking powder, beat again, fold in the well-beaten whites of the eggs, and bake in twelve greased gem pans, in a quick oven, twenty minutes.

This recipe will answer for whole wheat or rye meal gems.

RICE GEMS

Add a cupful of left-over cold boiled rice to the preceding recipe.

OATMEAL GEMS

Add one cupful of left-over oatmeal breakfast mush to the recipe for gems.

FRUIT GEMS

Add a half cupful of chopped dates, figs or raisins to the recipe for gems just before folding in the whites of the eggs. Whole wheat flour is preferable to white flour for fruit gems.

CORN DODGERS

Put one pint of white cornmeal into a bowl, put in the center a tablespoonful of shortening, and pour over sufficient boiling water to just wet the meal; it must not be too moist. Cover and let it stand until cool. Beat one egg, without separating, until light, add six tablespoonfuls of milk, and stir them thoroughly into the meal. Drop by tablespoonfuls on a greased shallow baking pan, and bake in a moderately quick oven a half hour.

The batter must be sufficiently thick to keep the shape of the spoon when dropped in the pan.

GERMAN PUFFS OR POPOVERS

Beat two eggs, without separating, until well mixed, add a half pint of milk and pour gradually into a half pint of flour; mix well and strain through a sieve into the first bowl. Grease and heat the gem pans, half fill each with this thin batter, and bake in a moderately quick oven for forty minutes. These may be used as breakfast muffins, or served with a sauce as dessert.

VIRGINIA WAFERS

Put two tablespoonfuls of olive oil or two tablespoonfuls of butter into one quart of flour and rub thoroughly. Add half a teaspoonful of salt. Add sufficient milk to make a dough.

Knead it thoroughly until it becomes soft and elastic and is free from stickiness. Then pound it for twenty minutes, folding the dough over and over. When light and filled with air bubbles roll it out into a very thin sheet, cut into squares of two inches, pick the tops with a fork, and bake slowly in a moderate oven. If well made, these will puff and be very light and crisp. Make without shortening for people with weak digestion, and bake until hard, to necessitate thorough mastication. Use either whole wheat or white flour.

MARYLAND BISCUITS

Maryland biscuits may be made by following the preceding recipe. Roll the mixture out about a quarter of an inch in thickness, cut it into round biscuits, pick it over the top with a fork and bake in a slow oven for a half hour.

GLUTEN BREAD FROM MOIST GLUTEN

Put two quarts of flour in a bowl, add sufficient water to make a very hard dough. Knead this dough until thoroughly mixed, then put it on a sieve, under a small stream of water, and knead until the dough is nearly free from starch. When the water is clear, take the remaining gluey mass to the bread board, add a teaspoonful of baking powder, mix, break off a piece about the size of an English walnut, and roll it out under your hand into a stick about four inches long and the size of a lead pencil. Put these on an oiled paper and bake in a very slow oven until crisp.

If these are to be served warm, bake them in a quick oven, which gives an entirely different effect.

THE GLUTEN LOAF

Scald one pint of milk; when lukewarm add one compressed yeast cake moistened in a half cupful of warm water, and a half teaspoonful of salt. Stir in sufficient 80% gluten flour, beating all the while, to make a rather stiff dough;

cover and stand aside for three hours. Then beat rapidly five minutes, turn into a greased square bread pan, and when again light, about one and a half to two hours, bake in a moderate oven three-quarters of an hour.

Gluten bread may be used for rheumatic patients, or to give variety in tuberculosis cases, where the diet is restricted for a long time. It is not fit, however, for diabetic persons unless you use 80% gluten flour.

ALEURONAT GEMS

Beat the yolk of an egg until creamy, then fold in the well-beaten white, add a saltspoonful of salt, four level tablespoonfuls of aleuronat; mix carefully, drop by tablespoonfuls into greased gem pans, bake in a quick oven a half hour, then cool the oven and bake ten minutes longer.

ALEURONAT MUFFINS

Separate one egg; beat the yolk until it is creamy, add a half cupful of milk and a saltspoonful of salt. Sift a half cupful of aleuronat with a level teaspoonful of baking powder; stir this into the egg and milk, fold in the well-beaten white of the egg, and bake in a quick oven twenty minutes. These may be eaten warm, or pulled apart and toasted. This quantity makes four muffins.

ALEURONAT MUSH

Put a half cupful of water in a small saucepan; when boiling add a saltspoonful of salt, stir in carefully two level tablespoonfuls of aleuronat, stir constantly for five minutes, boiling all the while. Turn at once into the serving saucer, and when partly cool serve with cream or milk.

Serve cool because the odor of hot gluten food is particularly disagreeable to many persons.

CEREAL FOODS

Under this heading I shall place all the ordinary grains, the seeds of grasses, as wheat, oats, barley, corn and rice, although the recipes for cooking rice will be found under the starchy vegetables.

Many of these seeds are almost typical food for man. Wheat, for instance, needs only the addition of a little fat. White bread, however, must not be mistaken for the whole wheat grain. In making flour many elements of the wheat are lost, and unless we purchase a good strong flour we are robbed of mineral matter and protein. The principal carbohydrate is starch, which is about seventy per cent. of the entire grain. The mineral matter is about two per cent. of the grain. The cellulose is found principally in the outer husk; it is indestructible in the digestive tract, and for this reason is used in severe cases of chronic constipation; but I doubt very much if bran can be eaten any length of time without serious results. All cereals must be thoroughly cooked.

COMPARATIVE ANALYSIS OF GRAINS

These tables are principally from Farmers' Bulletin, by Jenkins and Winton.

PERCENTAGE COMPOSITION

Grains	Water	Mineral matter or ash	Albuminoids or protein	Cellulose or crude fibre	Starch and trace of sugar	Ether extract —fats gums
Spring wheat	10.4	1.9	12.5	1.8	71.2	2.2
Winter wheat	10.5	1.8	11.8	1.8	72.0	2.2
Flour, fine white ..	12.2	0.6	14.9	0.3	70.0	2.0
Rye	11.6	1.9	10.6	1.7	72.5	1.7
Rye flour	13.1	0.7	6.7	0.4	78.3	0.8
Oats	11.0	3.0	11.8	9.5	59.7	5.0
Oatmeal	7.9	2.0	14.7	0.9	67.4	7.1
Rice	12.4	0.4	7.4	0.2	79.2	0.4
Barley	10.9	2.4	12.4	2.7	69.8	1.8
Corn	10.6	1.5	10.3	2.2	70.4	5.0
Corn meal	15.0	1.4	9.2	1.9	68.7	3.8
Buckwheat	12.6	2.0	10.0	8.7	64.5	2.2
Buckwheat flour ..	14.6	1.0	6.9	0.3	75.8	1.4

WHEAT GERM

COMPOSITION (Church)

Water	12.5
Albuminoids, diastase, etc.	35.7
Starch, with some dextrin and maltose	31.2
Fat or oil	13.1
Cellulose	1.8
Mineral matter	5.7

COMPOSITION (Yeo)

	Fine flour	Whole wheat
Water	12.0	14.0
Proteids	9.3	14.9
Fat	0.8	1.6
Carbo-hydrates (starch, sugar, etc.)	76.5	66.2
Fibre	0.7	1.6
Mineral matter	0.9	1.7

OATS (*Avena sativa*)

Oats is very rich in nitrogenous matter and contains more fatty matter and iron than most grains. Well cooked and served with milk and a little salt, it makes an ideal breakfast food for children. The old-fashioned Scotch or Irish oatmeal and Akron oatmeal should be cooked for several hours. Rolled oats cooks in less time, but even this should be boiled for one to two hours.

In serving cereals, use one morning, oatmeal, another Cream of Wheat, another Wheatena or Wheatlet, carefully-boiled rice, bran mush, cornmeal mush, hominy grits, or stale cubes of bread and cream. Keep in mind that oatmeal and hominy grits and wheatena and wheatlet are typical winter or cold-climate foods, and rice, Cream of Wheat and farina are better adapted to warm weather.

SCOTCH OATMEAL

Sprinkle three tablespoonfuls of Scotch oatmeal into one pint of boiling water, in the top of a double boiler; put

this directly over the fire for a minute, bring to boiling point, add a saltspoonful of salt, cover, put the upper part back in the lower part of the boiler and cook continuously for two hours; stand it aside over night. In the morning reheat without stirring. It should be jellylike and soft, not pasty. Do not add sugar to cereals, either for the well or sick.

ROLLED OATMEAL

This recipe will answer for all kinds of rolled oats.

Put one pint of boiling water in the upper part of a double boiler, add a saltspoonful of salt, and when the water in the under vessel is boiling rapidly sprinkle in one cupful of rolled oats; allow each grain, if possible, to fall in separately. Do not stir it. Cover and boil continuously for one hour. Dip this into the serving dish carefully, without breaking the grains.

OATMEAL WITH FRUIT MERINGUE

Left-over oatmeal may be turned at once into a small round mold; at serving time turn out the mold, cut the oatmeal into thin slices, put a slice in the serving dish, cover with strawberries, raspberries, very ripe blackberries, or sliced peaches; put on another slice of oatmeal and dust lightly with powdered sugar. Beat the white of one egg to a stiff froth, add a tablespoonful of powdered sugar, beat again until fine and glossy; spread this over the oatmeal top and sides, dust again with powdered sugar, run it in the oven just a moment, to brown the meringue. Serve at once, with a tiny pitcher of cream.

Excellent for children and good in cases of chronic constipation.

A baking-powder box makes an exceedingly good mold.

ROLLED WHEAT

This may be cooked precisely the same as rolled oats.

BARLEY (*Hordeum vulgare*)

Rolled barley may be cooked precisely the same as rolled oats.

This is frequently used in place of oats, or grits for the rheumatic and gouty.

RYE

The common rye (*Secale cereale*) makes an exceedingly good food in cases of chronic constipation, rheumatism, gout and intestinal indigestion.

RYE MUSH

Purchase rye meal, a coarse meal containing a part of the bran. Put a pint of water in the upper part of the double boiler, add a saltspoonful of salt; when this is boiling sprinkle in carefully, stirring all the while, a half cupful of rye meal; cover the saucepan and cook slowly one hour. Serve with cream or milk.

WHEAT GERM CEREALS

We find in the markets of the United States a long list of breakfast foods quite different in chemical composition from common cereals. Many of them are made from a portion of the grain only. If they contain the germ of the grain, they are rich in fatty matter. When well cooked, and served with milk, without sugar, they are excellent winter breakfast cereals for children and the aged.

They are sold under the names of Wheatena, Wheatlet, Farinose, Yuca, Germea, Wheat Germ Food, Vitos and Ralston's Breakfast Food.

WHEAT GERM PORRIDGE

This rule will answer for the cooking of all wheat germ cereals.

Put a pint of boiling water into the upper part of a double boiler, add a saltspoonful of salt, and when this is boiling sprinkle in slowly, stirring all the while, a half

cupful of cereal; stir and boil for six minutes, then cover the vessel and cook for a half hour.

As these are rich in fat, serve with milk instead of cream and do not add sugar for children.

Cold left-over germ cereals may be molded and served cold with a sauce Sabayon, plain cream or fruits.

WHEAT GERM TIMBALE

Pour left-over cereal into a custard cup and stand away until cold. At serving time turn out the cereal and scoop out the center, leaving a very thin wall. Stand the "cup" in a dainty serving dish, fill the center with strawberries, raspberries, blackberries or chopped peaches; dust lightly with powdered sugar and serve with a tiny pitcher of cream. Very pretty.

WHEAT GERM SOUFFLÉ

Cook a half quantity of wheat germ cereal according to the first recipe; when done add to it the yolk of an egg, stir, and fold in the well-beaten white, turn it into an individual baking dish and bake in a quick oven fifteen or twenty minutes. Serve in the dish in which it was baked.

This takes the place of cereal and meat for breakfast.

FARINA

Farina does not contain as much nitrogenous matter as cereals made from the whole grain, but it is delicate and easy of digestion. For young children and invalids it makes an admirable supper food.

Cream of Wheat may be cooked according to any of the recipes given for farina.

FARINA PORRIDGE

Put a pint of boiling water into a saucepan directly over the fire, add a saltspoonful of salt, and sprinkle in slowly a half cupful of farina, stirring all the while. Boil

rapidly, stirring now and then, for ten minutes. Push it to the back of the stove to cook slowly twenty minutes longer.

Left-over farina may be made into a mold according to the directions for wheat germ.

I consider farina soufflé one of the nicest supper dishes for children or the aged. It takes the place of both bread and meat.

FARINA SOUFFLÉ

One Serving

Put a half cupful of milk in the upper part of a double boiler; when hot add a grain of salt, and sprinkle in slowly two tablespoonfuls of farina; stir until it thickens, cover and cook ten minutes. Take from the fire, drop in the yolk of one egg, mix, and then fold in quickly the well-beaten white of the egg. Turn this into a baking dish and bake in a moderately quick oven thirty minutes.

Serve as a spoon bread and eat it with butter.

GLUTEN MUSH

All gluten preparations are quickly prepared, and while most of them contain a considerable amount of starch, they are much richer in protein than ordinary cereals. They are better served with cream than milk. Do not use sugar.

To each half pint of water allow three tablespoonfuls of gluten flour. Sprinkle the dry flour slowly into cold water, stirring all the while; stand the vessel in another of hot water, or use a double boiler; cook twenty minutes and serve.

COOKED, READY FOR SERVING

We have in the markets of the United States an endless variety of the so-called prepared cereals. Some are good, some middling, others totally worthless. To serve, put them in the oven a few minutes to renew their crispness, and then they may be served with fruit juices, milk or cream. Avoid sugar.

FRUITS

The sub-acid and sweet fruits—mulberries, huckleberries, guavas, bananas, cantaloupes, watermelons, peaches, pears, apples and grapes, should be served quite cold. The acid fruits—oranges, grape fruit, strawberries, raspberries, blackberries and currants, should be only moderately chilled; overchilling makes them sour and unpalatable.

All fruits should be thoroughly washed in cold water. Grapes at serving time should be washed and served on finely chopped ice.

To wash small fruits, put them in a colander, and lift the colander down and up several times in a pan of cold water. Wash strawberries before they are hulled.

To serve fruit, use an appropriate dish, both in shape and color, and after the fruit is arranged garnish the dish with a fern or other appropriate green. A fresh rose at the side of a dish of strawberries is most attractive. A peach, apple or pear may be served on a dainty doily, on a pretty plate.

The French, those wonderful people who know just how to cook and serve, use artificial leaves where fresh leaves cannot be obtained. To me, this is not attractive, but the beautiful is always to be considered when feeding the sick.

Strawberries are dainty served with the hulls on. Arrange them around a little mound of powdered sugar, on a pretty dish.

Serve all fruits without sugar, if possible. If they are too acid to be palatable, I should say they were too acid to be served. This is Nature's way of warning us against unwholesome foods. Moreover, sugar does not correct an acid; it only disguises it so that it may pass the palate. The fruit and sugar enter the stomach in their original condition, the acid as an acid, and the sugar as sugar. A simple food has been complicated.

Canned fruits are far better than no fruits at all, but are inferior to fresh fruits, not because they are cooked,

but because they frequently contain a goodly quantity of added sugar. If fruits are too sour to be stewed without sugar, combine the sweet and the sour fruits in cooking. Good combinations are cranberries and raisins, cranberries and figs, cranberries and dates, currants and raspberries.

Fruits, ripe and fresh, or simply stewed, should form a part of the daily food of persons in health; in sickness they are a necessity.

In fevers, fruit juices are the most essential and most appetizing of all foods; orange and lemon juice are especially good.

Fresh fruit juices in this country take the place of the old-fashioned German fruit soups, and are certainly much more palatable. In cases of biliousness, sick headache and fevers, all acid fruit juices, carefully strained, are admissible. In pupura hæmorrhagica, fresh grape juice is indispensable—not the grape juice that one buys in a bottle that has been sterilized, but fresh pressed grapes; the juice must be alive, not dead. In fevers, orange, lemon, lime, apple, currant and grape juice are to be preferred.

A scraped apple, a fig, carefully masticated, or a half dozen raisins, seeded and masticated at bed time, will frequently cure obstinate constipation.

Raw pineapple juice contains a digestive *enzyme* known as *bromelin,* which aids in the digestion of the albuminoids.

Fresh raw pineapple juice is especially beneficial in cases of tonsilitis, membranous croup and diphtheria. Cooking of course, renders the *enzymes* inert.

The papaya (*Carica papaya*) is a large tropical fruit of Central and South America. Like the pineapple, it contains an *enzyme,* which aids in the digestion of the albuminoids. In hot countries where meat must be eaten a few hours after it is killed, the piece to be used is wrapped in a bruised papaya leaf and put aside for two hours; it is then tender and eatable; in other words, the *enzyme* has partly digested the tough fiber.

FRUIT JUICES

Where fruit juices are to be used for the sick, make them fresh each day. Keep the fruit in a cold place, mash and squeeze it as wanted.

The following table gives the average composition of a few of our common fruits (after Bauer—Yeo):

	Apple	Pear	Peach	Grape	Straw-berry	Cur-rants	Orange (pulp only)
Water	83.58	83.03	80.03	78.18	87.66	84.77	89.01
Nitrogenous Matters	0.39	0.36	0.65	0.59	1.07	0.51	0.73
Free Acids	0.84	0.20	0.92	0.79	0.93	2.15	2.44
Sugar	7.73	8.26	4.48	14.36	6.28	6.38	4.59
Other non-Nitrogenous Matters	5.17	3.54	7.17	1.96	0.48	0.90	0.95
Cellulose and Kernel	1.98	4.30	6.06	3.60	2.32	4.57	1.79
Ash	0.31	0.31	0.69	0.53	0.81	0.72	0.49

The following gives the composition of certain dried fruits:

	Apple	Cherry	Raisin	Fig
Water	27.95	49.88	32.02	31.20
Nitrogenous Matters	1.28	2.07	2.42	4.01
Fat	0.82	0.30	0.49	1.44
Free Acid	3.60	—	—	1.21
Sugar	42.83	31.22	54.26	49.79
Other non-Nitrogenous Matters.	17.0	14.29	7.48	4.51
Cellulose and Seeds	4.95	0.61	1.72	4.98
Ash	1.57	1.63	1.21	2.86

The above tables show that the nutritive value of fruits consists of a small amount of nitrogenous matter, and a goodly quantity of sugar. They are valuable, however,

for the vegetable acids and salts they contain. Malic acid is found in apples, pears, peaches, apricots, currants, mangoes, gooseberries and plums; tartaric acid in grapes; and citric acid in all the citrus fruits; they possess valuable antiscorbutic properties. Some fruits contain agreeable aromatic oils, others contain a large amount of pectin or vegetable jelly; the most important among the latter, are the guava, quince, banana, crab apple and the ordinary apple.

APPLES

'Tis said: "It beggars a physician to live where apple orchards thrive," and still many perfectly healthy persons claim they cannot digest a raw apple; I do not believe, however, that it is the fault of the apple. Many people bolt, rather than masticate, their food, and this renders the apple indigestible. Again, many persons take an apple after a hearty meal of other foods; this is a mistake. Fruits should be eaten alone, or as a part of the meal, not as an addition to the meal. Stale or tough, unripe, or cold storage apples will frequently produce digestive disorders.

If apples are eaten raw, they must be thoroughly masticated or scraped, and eaten alone as a luncheon, or taken at the beginning of breakfast. In cases of constipation, the apple is particularly beneficial; it has a marked influence over the peristaltic movement of the intestines. Fresh apple juice is a liver and stomach tonic.

A fresh apple contains about 84 to 86 per cent. of water, and 8 per cent. of sugar.

TO BAKE AN APPLE

Wash, wipe the apple, and with a sharp knife cut through the skin around the apple about an inch from the stem; this prevents the skin from cracking, and keeps the apple in better shape; remove the core with a sharp knife or an apple corer, stand the apple in a porcelain or granite dish, put a teaspoonful of sugar in the cored space, cover the bottom of the dish with water and bake in a moderately

quick oven, basting once or twice. The apple must be perfectly tender, and should be served warm; cold baked apples are indigestible. Omit sugar for children.

BAKED PANNED APPLES

Wash and core a good-sized tart apple, but do not pare it; cut it into halves, then into quarters, and cut each quarter into thin slices. Put a layer of apples and a sprinkling of sugar, and another layer of apples in the bottom of an individual casserole or ramekin dish, add four tablespoonfuls of water, cover the dish and bake in a hot oven about twenty minutes, until the apple is perfectly transparent and soft.

Do not allow the patient to eat the skin, but apples cooked with the skin on have, by far, a better flavor.

SMOTHERED APPLES

Remove the core from a perfectly smooth tart apple; with a sharp knife cut the skin of the apple around at what might be called "the equator," fill the core space with sugar if admissible, stand it in an individual casserole or ramekin dish, add a quarter of a cupful of water, cover and bake slowly until the apple is almost transparent, about thirty to forty minutes. Serve warm.

CODDLED APPLE

Pare a good-sized tart apple and remove the core. Put the apple in an individual granite dish, put a teaspoonful of chopped nuts in the core space, add four tablespoonfuls of water, cover the pan and cook in the oven until the apple is tender. Serve warm, plain or with thick cream, or Devonshire cream.

APPLE TAPIOCA

Coddle an apple according to the preceding recipe. While it is baking soak a tablespoonful of granulated

tapioca in a half cupful of cold water, bring this to boiling point; the tapioca must be perfectly clear. Fill as much as is necessary into the core space of the coddled apple, cover the baking dish and bake five or ten minutes longer. Serve hot or cold, plain or with cream.

This should be cooked in an individual casserole or ramekin dish, so that it can be served in the dish in which it is cooked.

APPLE JUICE

Procure perfectly fresh, sound apples, and plunge them for a minute into boiling water, then into cold water. Then put them into a small press, grind and press out every particle of juice; strain and put at once into a clean fruit jar, and keep in a cold place.

A small inexpensive fruit press is made by the Enterprise Manufacturing Company.

APPLE à la ZOUAVE

Grate half of a tart apple into a half cupful of good milk; add a tablespoonful of sugar beaten with the yolk of one egg, and six blanched almonds, chopped or ground very fine; turn this into a custard cup, stand it in a pan of hot water and bake in a moderate oven until "set" in the center; test by putting a silver knife in the center, if it comes out milky, it is not done; it is just right when the knife comes out clean. Beat the white of the egg to a stiff froth, add a teaspoonful of powdered sugar and beat again. Spread this over the top of the custard, dust it with powdered sugar, and brown a moment in the oven. Serve cold.

STEWED APPLES

Pare, quarter and core one tart apple, put it in a granite saucepan, cover with cold water, cover the saucepan and bring quickly to a boil; take from the fire and add two tablespoonfuls of sugar. The apple should be quite transparent, and the pieces perfectly whole.

APPLE SAUCE

Quarter and core two tart apples; do not pare them. Put them in a granite saucepan, with a half cupful of cold water, cover the pan and bring quickly to a boil. Press through a sieve and serve warm. Add sugar, or not, as ordered.

APPLE FLUFF

Stir the well-beaten white of one egg into apple sauce after it has been pressed through a sieve and is still warm. This may be served hot or cold, plain or with cream.

MARLBOROUGH APPLE SAUCE

Press the pulp from one hot baked apple through a sieve, add to it, while hot, four tablespoonfuls of cream and the yolk of one egg. Heap this into a glass dish and serve.

APPLE SNOW

Beat the white of one egg until very, very stiff; grate into it a quarter of a tart apple; mix quickly; heap it into a glass lemonade cup, dust it with powdered sugar and serve. To give variety, the cup may be partly filled with cold soft custard, or cream.

LEMON APPLE

Pare, core and quarter one good-sized apple. Put four tablespoonfuls of sugar and six tablespoonfuls of water in a saucepan, add a teaspoonful of the grating of yellow rind of a lemon, bring to a boil, skim, boil two minutes, strain, return the syrup to the saucepan, add a tablespoonful of lemon juice and the apple, cover the saucepan and stand it on the back of the stove, where it cannot possibly boil, until the apple is tender and clear.

GRILLED APPLES

Shell two large or four small chestnuts, remove the brown skin, throw them into salted water and boil carefully until they are tender; drain. Take the core from one tart apple; do not pare it. Cut two good slices, a half inch thick, from the center of the apple, put these on a wire broiler and broil carefully over a clear fire, five minutes, until they are tender. Dish them on a heated plate, put one large or two small chestnuts in the center of each; stand them in the oven a minute while you boil together two tablespoonfuls of sugar and six tablespoonfuls of water. As soon as the sugar and water have boiled, skim and add a level teaspoonful of cornstarch moistened in a tablespoonful of water, boil a minute, add a dash of lemon juice and baste it over the apples.

APPLE OMELET

Beat one egg, without separating, until well mixed; add a tablespoonful of powdered sugar and the soft portion from one baked apple. Put a tablespoonful of olive oil into a shallow pan, and when hot turn in the egg mixture, brown quickly and stand in the oven a moment until set; fold over, turn on to a small heated platter, dust with powdered sugar and serve at once.

SCALLOPED APPLE

Stew one apple. Roll and sift sufficient dry bread to make four tablespoonfuls of bread crumbs. Put the stewed apple in an individual casserole or baking dish, dust over the bread crumbs, dust the top lightly with sugar and bake in a moderate oven about twenty minutes. Serve warm, plain or with cream.

APPLE SPONGE

Wash and core one tart apple, cut it into slices; put it in a saucepan with a half cupful of cold water, bring to a boil, add two tablespoonfuls of sugar, a teaspoonful of

lemon juice and a teaspoonful of gelatin that has been soaked for a half hour in two tablespoonfuls of cold water. When the gelatin is dissolved, press the whole through a sieve, and pour while hot into the beaten white of one egg. Turn into an individual mold and stand aside to harden. Serve with plain or whipped cream, or a soft custard made from the yolk of the egg and a half cupful of milk.

FROSTED APPLE

Pare one nice tart apple, core and stand it in an individual baking dish; fill the core space with a teaspoonful of granulated sugar, add a half cupful of water, cover and bake until the apple is perfectly tender. Beat the white of one egg until light and dry, add a level tablespoonful of powdered sugar, and beat again. Take the apple from the oven, cover it thickly with the meringue, dust with powdered sugar and return to the oven until a golden brown. Serve hot or cold.

YORKSHIRE APPLE

Cook an apple according to the preceding recipe, filling the core space with orange marmalade instead of sugar. Serve warm.

APPLE WITH QUINCE JELLY

Cook an apple as directed for frosted apple. Fill the core space with quince jelly. Serve warm or cold, plain or with cream.

BRANDY APPLE

Pare a large tart apple, remove the core, stand the apple in a baking dish or individual casserole mold, fill the core space with orange marmalade, add a half cupful of water, cover the mold and bake slowly until the apple is tender. Soak a tablespoonful of gelatin in two tablespoonfuls of water, add a tablespoonful of sugar, two tablespoonfuls of brandy and a half cupful of boiling water; stir until the gelatin is dissolved and stand aside to cool, not harden.

When the apple is done, remove it from the baking dish, and when partly cool baste it with the brandy jelly, and keep on basting until the apple is thoroughly coated with the jelly. Serve plain, or with plain or whipped cream.

APPLE SALAD

Pare and core one perfect tart apple. Sprinkle over the apple a tablespoonful of lemon juice, mix thoroughly until each piece is covered; this will prevent discoloration. Put a saltspoonful of salt in a bowl, add to it a half drop of Tabasco, two tablespoonfuls of oil and a half tablespoonful of lemon juice or vinegar; mix, baste this over the apple, heap it neatly on a little nest of crisp lettuce leaves and serve at once. If admissible, the apple may be mixed with very tender young celery. To make it more attractive the apple may be scooped from the fresh red skin and the salad served in the skin. To prevent the inside of the skin from discoloration, wash it thoroughly with lemon juice.

APRICOTS

To serve fresh apricots, wipe the skin thoroughly, stand them in a cold place until slightly chilled, and dish on a dainty doily. Serve also a finger bowl and fruit knife. The skin must be removed before eating.

APRICOT PURÉE

This makes a very nice sauce for any of the gelatin jellies, mock charlotte, or to plain blancmange.

Wash two apricots, cut them into halves, remove the stones, put them in a saucepan with a half cupful of cold water, bring quickly to boiling point, add a teaspoonful of cornstarch moistened in a little cold water, and two tablespoonfuls of sugar; boil just a minute until the cornstarch is thoroughly cooked, and press them through a sieve. This should be as thick as very thick cream; if too thick add a tablespoonful or two of hot water.

APRICOT TOAST

Make a purée of apricot according to preceding recipe. Cut a slice from a square loaf of bread, trim off the crusts, dry the bread in the oven, toast it quickly on one side, then on the other, put it at once on a heated small dish and cover it with apricot purée.

This is exceedingly nice for a child's breakfast. If not convenient to make toast, put it over the upper crust of a shredded wheat biscuit.

APRICOT SOUFFLÉ

Make a purée of apricot according to the first recipe, pour it while hot into the well-beaten white of one egg. Dish at once in a pretty individual glass stem dish or lemonade cup, dust with powdered sugar and stand aside to cool.

BANANAS

There are many varieties of bananas grown in Central and South America that are not exported. The one best known in the United States is the Gross Michael; I have noticed, however, in the markets of New York large quantities of the ordinary red banana, and a yellow banana, short and thick like the red one, known as the Congo, and a white, thick banana, the Governor "fig," also known in some parts of South America as the apple "fig." All bananas are known to the natives in the districts where bananas grow, as Indian "figs." The word banana, however, is always applied to the red banana.

Bananas are, without doubt, the most nutritious of all fruits in common use. They should not, however, be given to the sick or children unless they are thoroughly and simply cooked. The so-called "lady fingers" or Gross Michaels are best for cooking.

Banana flour is made from underripe bananas, thoroughly dried and ground. It is exceedingly good for diabetic, rheumatic and gouty patients. It may be made into mush, or gems, or small cakes.

BAKED BANANAS

Take the banana out of the skin by stripping off one piece and then lifting it out. If you strip the skin down you are very apt to leave the bitter portion fast to the fruit. Put the banana into an earthen or granite baking dish, brush it with a tablespoonful of olive oil, dust it with a teaspoonful of granulated sugar and bake in a quick oven thirty minutes. Bananas to be just right should be a golden brown and very tender. Serve warm.

SCALLOPED BANANA

Peel the banana and cut it into thin slices with a silver knife. Put a layer in the bottom of individual casserole or ramekin dish, a little dusting of sugar, another layer of banana, and so continue until you have the ingredients used. Bake thirty minutes in a moderately quick oven.

BANANA SOUFFLÉ

Select a full ripe banana, skin and mash it; put it in a saucepan with a tablespoonful of orange juice and a tablespoonful of sugar. When hot fold into it carefully the well-beaten white of one egg. Serve cold.

BANANA MUSH

This is made from banana flour, which is easily digested and very agreeable. It frequently contains just a trace of glucose.

Put a half cupful of water into a saucepan, when boiling add two tablespoonfuls of milk. Moisten two teaspoonfuls of banana flour, stir it into the hot milk and water, bring to a boil, and take from the fire. The flavoring of this may be changed by adding a little orange or lemon juice, by making the gruel entire milk, or entire water. Serve with cream.

This is an exceedingly nice mush for delicate children or invalids, but is not a good food for diabetic patients unless a starch-free flour is used.

BANANA PUFF

Separate one egg, beat the yolk with a tablespoonful of powdered sugar. Peel and slice a ripe banana, put it in a saucepan and stir it constantly over hot water until thoroughly heated, mash and add the yolk and sugar, cook a minute longer, fold in the well-beaten white; heap it in ramekin or individual dish, dust with powdered sugar and bake in a quick oven until a golden brown. A nice breakfast for a child, or an invalid or the aged.

STEWED BANANAS

Peel a banana, cut it in slices a half inch thick using a silver knife; put it in a saucepan with four tablespoonfuls of cold water and a teaspoonful of orange or lemon juice; cover and bring quickly to a boil. Serve warm or cold.

BANANA CHARLOTTE

Stew the bananas according to the preceding recipe, and beat with a silver fork until light; stand aside to cool. When cool, add two tablespoonfuls of sherry instead of the lemon, and stir in carefully six tablespoonfuls of cream, whipped to a stiff froth. Serve in a pretty stem glass dish.

BLACKBERRIES

When fully ripe, blackberries, like raspberries, do not contain as much free acid as currants or cranberries. In cordial, syrup, jelly and jam, they give variety to the diet in cases of chronic diarrhœa.

In vinegar or wine the blackberry makes a pleasant, cooling drink for convalescents.

Blackberries and dewberries are laxative only when eaten raw.

TO SERVE RAW

Select large, fully ripe blackberries, arrange them neatly in a fruit dish, dust with powdered sugar, stand them in a cold place for ten minutes and serve.

Fully ripe large berries have a core, which the patient must not swallow.

BLACKBERRY MUSH

Put a half cupful of very ripe blackberries in a saucepan with a half cupful of water, bring to boiling point, add one teaspoonful of arrowroot moistened in a little cold water; cook slowly five minutes, add one tablespoonful of sugar and press the mixture through a fine sieve. Put into an individual dish for cooling. Serve plain, or with cream.

BLACKBERRY FLUFF

Press sufficient full ripe blackberries through a fine sieve, to make a half cupful of clear juice. Bring to boiling point, boil a minute, add one tablespoonful of sugar, and pour while hot into the well-beaten white of one egg. Heap at once into a lemonade cup and stand aside to cool.

BLACKBERRY JELLY

Press sufficient underripe blackberries through a sieve to make one cupful of juice. Bring the juice to a boil, boil three minutes, add an equal quantity of sugar, boil about five minutes, until the mixture will jelly when cool. Turn into small serving glasses and stand in the refrigerator. The jelly must be soft and delicate, not tough.

BLACKBERRY SHRUB

Press sufficient very ripe blackberries through a sieve to half fill a tumbler; siphon into this either soda or plain carbonated water; or if a siphon is out of the question, add a split of Apollinaris, and serve at once.

This makes an exceedingly nice drink in cases of chronic diarrhœa.

BLACKBERRY SYRUP

Squeeze sufficient slightly-heated, very ripe blackberries to make one pint of juice. Boil one pound of white

rock candy with a pint of water for ten minutes, add the juice, boil five minutes, bottle while hot and seal.

BLACKBERRY CORDIAL I

Heat four quarts of blackberries, stirring them all the while; do not add water. Mash the berries and strain them through two thicknesses of cheesecloth, pressing out all the juice. Measure the juice, put it in a preserving kettle, add to each quart of juice, one pound of sugar, ten whole allspice, two cloves, and an inch piece of cinnamon. Bring to a boil, boil fifteen minutes, take from the fire, and when cool add one gill of brandy to each quart. Bottle in perfectly clean bottles, cork and seal.

If good brandy cannot be purchased, use the best rye or Bourbon whiskey.

BLACKBERRY CORDIAL II

Mash and squeeze sufficient blackberries to make one quart of juice; stir in one pound of granulated sugar. Tie a teaspoonful of ground cinnamon, the same of allspice, the same of ginger and a saltspoonful of cloves into a little square of cheesecloth; put it into the juice, bring to a boil and boil twenty minutes. Strain through two thicknesses of cheesecloth, and when cold add a half pint of brandy. Bottle and cork.

TO SERVE CORDIAL

Put two ounces into an ordinary tumbler and fill the tumbler with cool, plain water. Or serve two ounces plain, in a wineglass. Good in dysentery and diarrhœa.

BLACKBERRY VINEGAR

Put two quarts of ripe blackberries into a stone jar, pour over one quart of good cider vinegar, cover the jar and stand aside for two days. Drain off the liquor without mashing the berries, pour it over a quart of fresh berries, cover and stand aside as before. Do this once more, using

fresh berries each time, this time straining through two thicknesses of cheesecloth. Measure the liquor, and add one pound of sugar to each pint. Boil slowly five minutes, skim, let it stand a minute to cool, fill it into clean bottles, cork and seal.

This makes a cooling drink in hot weather for convalescents or fever patients.

BLACKBERRY BRANDY

1 quart of very ripe blackberries
1 clove
1 pint of water
An inch piece of cinnamon
12 whole allspice
2 pounds of loaf sugar
1 quart of good brandy

Mash the berries and strain them through two thicknesses of cheesecloth. Boil the sugar and water ten minutes, add the syrup to the juice, add all the spices and one quart of good brandy; stand the mixture away in fruit jars, lightly covered, for at least two weeks. Strain, bottle, cork and seal.

BLACKBERRY JUICE

Mash wild blackberries, bring them to boiling point and drain over night. Next morning put the juice in a preserving kettle; boil five minutes and skim; fill it into bottles, leaving a two-inch space in the neck; cork and put them, on their sides, in a wash boiler, with enough hot water to cover. Boil a half hour, and allow them to cool in the water. When cold dip the corks in sealing wax.

BLACKBERRYADE

Mash one cupful of ripe berries, strain through cheesecloth, add two teaspoonfuls of powdered sugar, stir until the sugar is dissolved, put the mixture in a large tumbler, add a little cracked ice, and fill the tumbler with carbonated or plain water.

BLACKBERRY BOUNCE

Put one quart of very ripe blackberries in a granite or porcelain-lined kettle, add a half cupful of water, cover the kettle and when hot stir until the blackberries are thoroughly heated; press them through a sieve sufficiently fine to take out the seeds. Add to this pulp ten lumps of Domino sugar and a half pint of boiling water. Boil two minutes, take from the fire, bottle, cork and stand aside in a cold place. At serving time put four tablespoonfuls of this in a wineglass or small tumbler, and add a tablespoonful of brandy.

The patient must sip this slowly. Good as a mild stimulant for tuberculosis and chronic diarrhœa patients.

Raspberry bounce is made precisely the same as blackberry bounce. Red and black raspberries may be mixed, or each used alone.

Dewberries may be used the same as blackberries.

CHERRIES

The cherry, on account of its tough, indigestible skin and solid fruit, plays little or no part in diet for the sick. The sour morello cherry, when fully ripe, is the least objectionable of all varieties.

CHERRY JUICE

Put a quart of morello cherries into an ordinary granite or porcelain kettle, add a half cupful of boiling water, stir over the fire until they are boiling hot, take from the fire, mash with an ordinary pestle, and strain through two thicknesses of cheesecloth; cool at once.

Cherry juice may be substituted for orange, currant or raspberry juice as a cooling and refreshing drink.

Cherries and cherry juice contains too much free acid to be used with starchy foods or milk. Such combinations quickly upset digestion.

In fever cases cherry juice may be substituted for orange juice as a base for the beaten white of an egg, or use it as a flavoring in gelatin jellies.

Morello cherries, if the skins are rejected, will frequently relieve obstinate constipation.

CRANBERRIES

This fruit contains too much free acid to be used in any great quantity, unless so ordered by a physician. For convalescing patients, where admissible, they may be made into jelly, or may be stewed or baked. Baked cranberries are considered valuable in cases of chronic constipation.

BAKED CRANBERRIES

Wash a half pint of perfect cranberries, put them into a baking dish, add a half pint of sugar, mix thoroughly, cover the dish and bake in a moderate oven until the cranberries are perfectly tender and transparent.

CRANBERRY SAUCE

Wash a half pint of perfectly sound cranberries, add a half pint of water, bring quickly to a boil and press through a sieve. Return them to the saucepan, add a half pint of sugar, bring to a boil and stand aside to cool.

CRANBERRY AND APPLE SAUCE

Pare, core and quarter a small tart apple, put it in a saucepan with a half pint of sound cranberries, add a half pint of water, bring to a boil, boil five minutes and press through a sieve; add a half pint of sugar, stir over the fire until the sugar is dissolved, and stand aside to cool.

CRANBERRY JELLY

Wash a half pint of solid, perfect cranberries, put them in a saucepan with a gill (a half cupful) of cold water,

bring to boiling point, boil five minutes and press through a sieve. Return them to the saucepan, boil two minutes, add an equal quantity of sugar, and when the sugar is dissolved boil one minute and turn into small molds or glasses to harden.

FROZEN CRANBERRYADE

Put half a pint of fully ripe cranberries in a pint of water, boil for five minutes, mash and strain through two thicknesses of cheesecloth, and stand aside to cool.

When wanted for use, put the desired quantity into an individual freezer, pack with fine salt and ice, and turn the freezer until the mixture is frozen like wet snow.

This is very refreshing to fever patients, but should be used in small quantities, as one would use any acid sherbet.

CURRANTS

Currants, gooseberries and wineberries are remarkable for the amount of free acid they contain. The expressed juices of these fruits make an agreeable addition to effervescent waters. Currants eaten raw at the beginning of a meal, either plain or with sugar, are good in cases of chronic constipation.

Currant jelly is one of the most palatable and attractive of all fruit jellies, and may be served with meats, or in the absence of fresh currants, may be dissolved in boiling water, cooled and used with effervescing waters in cases of fever.

FROSTED CURRANTS

Select large bunches of full ripe currants. Beat one egg slightly, add ten grains of cream of tartar, then add gradually, beating all the while, sufficient powdered sugar to make an icing, about eight tablespoonfuls to the white of one egg. Wash the currants and see that they are perfectly dry; dip them, or rather push them down into this icing, and dry them on a sieve, putting them upside down

if possible, so the currants will stand out from the stem and be thoroughly iced all over. Serve on a small glass dish, for breakfast or luncheon. There is no food value particularly in a bunch of currants, but they make one of the most attractive dishes for invalids; they are dainty, sightly and appetizing.

CURRANT SHRUB

Strip sufficient red currants from the stems to make a half pint; put them in a saucepan with a quarter of a cupful of water, cover the saucepan and bring to boiling point. Press them through a sieve or strain through two thicknesses of cheesecloth, and stand aside until wanted. At serving time put one gill of this juice in a tumbler, and siphon the tumbler full of either seltzer or carbonated water, or Apollinaris.

BLACK CURRANTS

These are entirely different from red currants, both in taste and food value. The juice of black currants may be expressed the same as red currants, and used as a "shrub," or may be made into jelly to serve with game or red meats.

CURRANTS AND RASPBERRIES

The expressed juice of red currants, with an equal quantity of raspberry juice, makes an exceedingly nice beverage when diluted with Apollinaris or with carbonated water.

These fruit waters are useful in fevers, and are especially desirable where lime or lemon juice cannot be obtained.

DATES (*Phœnix dactylifera*)

Dates are the fruit of a palm. They frequently contain half their weight in sugar, and a goodly amount of flesh-forming elements. With bread and butter, or with milk and bread and butter, they make an exceedingly good meal for children.

To cleanse—Take off the desired quantity, pull them apart, put them in a colander, plunge them quickly into a bowl of boiling water, then into cold water, and throw them on a towel to dry. Sterilize enough one day to last for a week. Candy-eating children may be cured of the habit by substituting dates for candy.

According to Church, one pound, without stones, contains the following:

Water	3 oz. 143 gr.
Albuminoids, etc.	1 oz. 25 gr.
Sugar	8 oz. 280 gr.
Pectose and gum	1 oz. 354 gr.
Fat	0 oz. 14 gr.
Cellulose	0 oz. 385 gr.
Mineral matter	0 oz. 112 gr.

STUFFED DATES

Plunge the dates into boiling water, remove the stones and put in their places either half of a pecan or an almond, or a mixture of chopped nuts or another stoned date.

DATE MUFFIN

Scald and stone the dates and put them through a meat grinder. Separate two eggs, add to the yolks one cupful of milk and one and a half cupfuls of whole wheat flour; beat thoroughly, add a half cupful of the chopped dates and two teaspoonfuls of baking powder; when well mixed fold in the well-beaten whites of the eggs. Bake in ten shallow muffin pans.

DATE MUSH

Stir finely-chopped dates into well-cooked oatmeal, at serving time.

DATE SANDWICHES

Stone and chop a half dozen dates. Butter two thin slices of bread, put the dates between, press them together, trim the crusts, cut into triangles and serve.

DATE GEMS FOR CHILDREN

Put a quarter of a pound of dates in a wire basket, plunge them down into boiling water, lift quickly, remove the stones and cut the dates rather fine. Separate two eggs, beat the yolks, add a half pint of milk, a quarter of a teaspoonful of salt and one cupful of whole wheat flour and one cupful of Roman meal; beat thoroughly, add two level teaspoonfuls of baking powder, beat, add the dates, mix and stir in carefully the well-beaten whites of the eggs. Bake in gem pans, in a quick oven thirty minutes.

These, with milk, make an exceedingly nice supper for children.

ELDERBERRIES

Elderberry juice, wine or cordial is said to have a slightly diuretic effect. Elderberry jelly is thought to be beneficial in cases of tuberculosis. To make a perfectly stiff jelly, however, the elderberry juice must be mixed with an equal quantity of green grape, apple or crab apple juice. Alone, it will not form a true jelly.

ELDERBERRY TOAST

Strip sufficient elderberries from the stem to make a half pint, put them in a saucepan with a half cupful of water, stew five minutes, mash and strain them through two thicknesses of cheesecloth. Return this juice to the saucepan, add one teaspoonful of cornstarch or arrowroot mixed with a little cold water; stir and cook five minutes, add two tablespoonfuls of sugar and pour over a nicely toasted slice of bread.

This also makes a nice sauce for blancmange or other puddings.

ELDERBERRY CORDIAL

Strip the elderberries from the stems, mash them with a potato masher and strain them through a jelly bag or cheesecloth. To each half pint of this juice add two table-

spoonfuls of sugar, stir until the sugar is dissolved and stand aside in a pitcher or large jar for twenty-four hours. Then, add to each half pint, one gill of the best brandy. Bottle and cork, leaving plenty of space at the neck; stand the bottles in a saucepan of cold water, bring to boiling point and boil continuously for a half hour. Lift the lid, let the bottles cool in the water. Dip each cork into sealing wax and stand aside for keeping.

This makes an exceedingly nice drink for chronic diarrhœa or dysentery. Being slightly astringent, it should not be given to persons inclined to constipation.

ELDERBERRY WINE

Mash four quarts of elderberries that have been stripped from the stems; add to them one quart of water and one pint of brown sugar, stir thoroughly and put it aside in a stone crock, the top of which is covered with a plate or loose fitting lid. Let this ferment for a week or ten days. Rack it off carefully into bottles, cork the bottles loosely and let them stand in a cold place until fermentation ceases; then put it into clean bottles, cork, tie and seal with wax.

ELDERBERRY JUICE

Mash four quarts of elderberries, add one pint of water and strain through two thicknesses of cheesecloth. Fill the juice thus expressed into bottles, leaving considerable space at the neck; cork the bottles loosely, stand them in a kettle, surround them partly with cold water, bring to a boil and boil continuously for a half hour. Then lift each bottle, push in the corks, put them on their sides and continue the boiling for another thirty minutes. Cool the bottles in the water. Seal with wax.

Serve plain or with plain or carbonated water.

FIGS

Figs, both fresh and dried, contain a large amount of sugar; dried figs about forty-nine per cent. They also

contain a little nitrogenous matter, which makes them much more nutritious than most of our common fruits. Both fresh and dried they are aperient.

If dried figs become hard, they may be scalded and soaked three or four hours, or over night. Dried figs must be thoroughly masticated; in fact, it is better, if the skin is tough, to reject it entirely.

TO SERVE DRY FIGS

Purchase the so-called pulled figs, put them in a wire basket, plunge them into a kettle of boiling water to thoroughly sterilize the outside. If you have not a wire basket, put them on an egg beater, a few at a time, and hold them in the water for at least two minutes; lift and throw them on a plate to drain. Serve on a dainty plate, with a fruit knife and fork.

TO SERVE FRESH FIGS

Buy, a few figs at a time, and put them at once in a cold place to keep. At serving time fill a small individual serving dish with cracked ice, sink the figs in the ice, stem end up. These are rich and luscious, and must be handled very lightly.

STEAMED FIGS

Wash the given amount of pulled figs in cold water, let them soak for two hours; place them in a colander, over a kettle of boiling water, steam continuously for three quarters of an hour and stand aside to cool. These may be cut into pieces and eaten with a fork, or they may be eaten from the fingers.

STEWED FIGS

Wash a half pound of pulled figs, cover with a pint of water and soak them over night. Next morning bring to boiling point, add a bay leaf, cover the saucepan and push it to the back of the stove where it will keep boiling hot for one hour. Serve cold, plain or with cream.

FIG TOAST

Put two stewed figs through a meat grinder, then into a saucepan with four tablespoonfuls of water, and stir constantly until they reach the boiling point. Have ready on a breakfast plate a slice of bread, toasted to a golden brown and buttered; put over the fig mixture and serve at once, with cream or milk.

This takes the place of fruit and cereal, and is an excellent remedy for obstinate constipation. It makes a good supper as well as a good breakfast dish.

FAIRY TOAST

Toast a slice of sponge cake, cover it with the fig mixture and serve with cream or milk.

FIG CARAMELS

Soak a half pound of pulled figs over night. Next morning bring to boiling point, boil five minutes and drain. Put them through a meat grinder. Blanch a half pound of Jordan almonds, put them through a meat grinder, and mix the two together. Knead the same as bread, roll the mixture into a sheet a half inch thick, cut into "caramels," wrap each in waxed paper and keep in a cool place.

These make a nice "candy" for children. Two, slowly eaten, just before going to bed, will relieve obstinate constipation.

FIGS AND ALMONDS ON TOAST

Wash, scald and soak two figs over night; next morning put them through the meat grinder with twenty-four blanched almonds. Add two tablespoonfuls of water, or enough to make it the consistency of a thick sauce; spread it on a slice of hot buttered toast; eat plain or with milk. An excellent breakfast for school children.

FIG SANDWICHES

Use the same mixture as above, without water, between two slices of bread and butter.

GRAPES

Fresh ripe grapes are enjoyed mostly on account of their flavor and aroma. They are rich in sugar, frequently containing nearly twenty per cent., but this is not more important than the potash salts they contain. The acid is chiefly tartaric, a part of which is combined with the potash. The seedless grape, such as the black Hamburg, is an excellent food for children and invalids. The white and purple California grapes, with the seeds removed, are equally palatable and wholesome.

Grapes, on account of their sugar, are forbidden to diabetic, rheumatic and gouty patients. The ordinary Concord or similar grapes must be very carefully eaten. If the pulp is to be swallowed, the seeds must be removed between the teeth, and the rich juice on the inside of the skin should be drawn out, and both skin and seeds discarded, as they hinder digestion and frequently cause diarrhœa.

A special grape cure has been established in many grape-growing countries, but the fact is that almost any restricted diet will cure stomach or liver trouble and aid in the removal of chronic constipation, if the patient will adhere to it for a given length of time. It matters not so much whether the "cure" is the "peach," "grape," or "apple cure;" the point is to put the patient on a limited diet until a cure is effected; patients with these troubles are frequently large eaters. Restricted feedings of all kinds must be prescribed and carried out under the eye of a physician and a trained nurse or attendant.

The fruit of some varieties of grapes are dried and known as raisins; these are very rich in sugar. The ordinary dried "currants" are merely dried small grapes; they are indigestible and should not be given to the sick.

TO SERVE RAW

Wash the grapes as soon as they come from the market, and put them in a cold place. At serving time fill either a grape goblet or an individual dessert plate with finely-shaved ice, put the bunch of grapes down into the ice, stand on a service plate and serve with them on the same tray a finger bowl partly filled with warm water.

GRAPE JUICE

Pick the quantity of ripe Catawba or Concord grapes from the stems, put them into the preserving kettle with water enough to prevent scorching, and stir and cook until soft. Mash them with a potato masher and put them into a jelly bag to drain over night. Next morning bring the juice to boiling point and skim. Have the bottles ready, cleaned, and clean corks. Fill the juice into the bottles, leaving a space at the necks; cork them tightly and drop them at once into a boiler of hot water. When the last bottle is in, cover the boiler and boil continuously for a half hour. Cool the bottles in the water, dip the corks in sealing wax and put them in a cool place for keeping.

GRAPE JUICE WITH SUGAR

Strain the juice according to preceding recipe; measure, and to each quart allow a half pint of sugar. Boil the juice, skim, add the sugar, stir until the sugar is dissolved, bottle and finish as directed in preceding recipe.

FRESH GRAPE JUICE I

This is considered very beneficial in cases of purpura hæmorrhagica.

Pick from the stems sufficient grapes to make a quart; pulp them and put the skins through either a meat grinder or an ordinary fruit press and strain the juice through cheese-cloth. This expressed juice is quite thick. Keep in a cold place until wanted.

Two ounces may be given every three or four hours, between feedings. If the grapes are fully ripe, it will take one quart of grapes to make a half pint of juice.

FRESH GRAPE JUICE II

Pulp Concord or other black grapes; save the skins. Heat the pulp just a minute, press it through a sieve, cool quickly, then add the skins, and put the whole through an ordinary meat grinder or regular fruit press. A large lemon squeezer will answer if no other machine is at hand.

GRAPE JAM

Pick sufficient Concord grapes from the stems to make one quart; wash them, pulp the grapes, saving the skins. Put the seeds and pulp in a saucepan, bring to boiling point and press them through a sieve. Add the skins to this; measure, and to each pint allow a half pint of sugar. Put the skin mixture in a saucepan, stir and cook until the skins are tender, then press them through a sieve sufficiently fine to make a soft pulp, and sufficiently coarse to allow all the skin to go through. Bring to boiling point, add the sugar, boil twenty minutes, and put into tumblers or jars.

FRESH GRAPE JELLY

Freshly made jelly is much more acceptable to the invalid; old jelly, unless carefully covered, is apt to taste musty.

Pick a pint of grapes from the stem, put them in a kettle with a little water to prevent scorching, bring to boiling point, mash them and strain through two thicknesses of cheesecloth. Measure the liquor; you should have a half pint; put it in a saucepan, bring to boiling point, boil ten minutes, add a half pint of sugar, boil ten minutes and begin to try. As soon as it forms a jelly when cool, turn it into small stem glasses and stand aside to cool, or cool it into small fancy molds.

GRAPE WATER ICE

Sweeten and freeze ordinary grape juice.

GRAPES IN ORANGE JELLY

Cover two teaspoonfuls of granulated gelatin with a half cupful of cold water, soak twenty minutes; stir over the fire until the gelatin is dissolved; add an equal quantity of orange juice and two tablespoonfuls of sugar, and stand aside to cool, but not thicken. Skin twelve large, white grapes, cut them into halves, remove the seeds, arrange the grapes neatly in an individual mold, pour over the orange jelly and stand aside to harden.

GRAPE TOAST

Boil together four tablespoonfuls of grape juice and two tablespoonfuls of water, add a teaspoonful of cornstarch or arrowroot moistened in a little cold water, a teaspoonful of lemon juice and a tablespoonful of sugar. Pour this over a slice of nicely-toasted bread and serve at once. Or in place of toast use the upper half of a toasted Shredded Wheat biscuit.

RAISINS

Raisins are a dried sweet grape known as the "raisin grape." They contain more sugar than ordinary grapes, and have no place whatever in diet for the sick except as flavoring to milk dishes.

Layer raisins, seeded, or the ordinary seedless raisins, carefully stewed, may be used to advantage in cases of chronic constipation, and in winter they may be used as a breakfast fruit for children, providing the children have been taught to masticate. They should be well washed and soaked over night before cooking.

STEWED RAISINS

Put a pound of seeded raisins into a colander in a bowl of cold water, wash thoroughly, lift them, put them in

a saucepan with just boiling water to cover; cover and stand aside over night. Next morning the water should be absorbed by the raisins. Add a little more water, bring slowly to boiling point, take quickly from the fire and turn out to cool. Do not add sugar or flavoring.

RAISINS AND RICE

Children frequently like boiled rice and raisins as a dessert or luncheon dish.

Boil the rice carefully as directed for boiling rice, and cover it with seeded stewed raisins. The raisins are sufficiently sweet to sweeten the rice without additional sugar.

GRAPE FRUIT AND SHADDOCK

Grape fruit closely resembles the shaddock, and is called "grape fruit" because it grows in clusters like grapes, while the shaddock and alemoen grow singly. The skin surrounding each carpel in the shaddock instead of being white like other citrus fruit is pale pink; the pulp is also pink, and unlike grape fruit, is only moderately acid.

TO SERVE GRAPE FRUIT

Wash the grape fruit and stand them on the ice until moderately cold. Acid fruits must not be icy cold, or they are unpalatable. Cut the skin into strips and peel it off. Separate the carpels, and holding each carpel in the hand, break it open, disclosing the pulp; with a pointed knife take the pulp carefully from the bitter envelope, put it into an individual glass dish, and serve it at once; or it may be placed on the ice until wanted.

GRAPE FRUIT IN THE HALF SHELL

Wash the grape fruit, make it moderately cold, plunge it into boiling water and cut it at once into halves. With a sharp knife take out the seeds and loosen the flesh of each carpel. Serve plain or with sugar; without sugar they are decidedly more wholesome.

GRAPE FRUIT FOR LUNCHEON

Proceed according to the foregoing recipe; remove the seeds and cut out the core. Fill the core space with brandy or sherry, according to directions.

GRAPE FRUIT FOR THE DIABETIC

Remove the seeds and core space from a perfectly sound grape fruit; put into the core space two teaspoonfuls of olive oil, and serve.

People can soon accustom themselves to eating grape fruit with olive oil. It is wholesome and palatable.

GRAPE FRUIT SALAD

Remove the carpels from the grape fruit according to the directions for serving grape fruit, and place them on crisp lettuce leaves. Put two tablespoonfuls of olive oil into a bowl, stir with a piece of ice until the oil thickens, then add the juice that drained from the grape fruit; beat thoroughly, baste it over the salad and send it at once to the table.

TO SERVE SHADDOCK

Remove the thick skin—and this, by the way, may be reserved for candying or conserving—not for the sick—separate each carpel; pick up one carpel at a time, taking the ends between the forefinger and thumbs, bend it back, cracking the white bitter skin in the center. Peel this skin off, or turn the pulp out into an individual glass dish, sprinkle over a little finely-shaved ice, and serve at once.

This is frequently flavored with a tablespoonful of sherry or Madeira.

HUCKLEBERRIES, BLUEBERRIES, WHORTLEBERRIES OR BILBERRIES

These berries, known by different names in different places, commonly grow wild in our woods; in fact they are rarely cultivated. They contain some free acid and a little

sugar, and on account of their seeds are moderately laxative if eaten alone; with other food they are frequently quite constipating. Huckleberry juice is used as a remedy for chronic diarrhœa. Being sub-acid, the large blueberries can be eaten by people with whom acid fruits disagree.

TO SERVE RAW

Select the large blueberries and put them in the refrigerator until moderately cold. Dish them in a small glass dessert dish, and if necessary dust with powdered sugar. Fruits of this kind are better eaten plain, without either sugar or cream.

HUCKLEBERRY JUICE

Mash the huckleberries with an ordinary potato masher, in a granite or earthen bowl; put the juice into a jelly bag and squeeze and press it. Stand aside in a cold place; use as directed.

It may be served alone, or with carbonated or plain water.

HUCKLEBERRY FLUMMERY

Peel one banana, cut it into slices and press it through a fine sieve. Mash sufficient large huckleberries to make half a cupful; add this to the banana, stir over the fire until they reach boiling point, add a teaspoonful of arrowroot moistened in cold water, and two teaspoonfuls of sugar; cook five minutes and strain into a small glass dish. Serve cold, with plain or whipped cream.

LEMONS AND LIMES

Lemons and limes are not true foods from an ordinary standpoint, but they are agreeable as flavorings, and the potash and other salts they contain, mingled with vegetable acids, makes them valuable anti-scorbutics.

Lemon juice added to plain water is excellent in obesity. In fevers, it cleanses the mouth and stomach, aids digestion and allays thirst.

In large quantities, lemon juice hinders digestion by overpowering the more mild natural acid of the stomach. Taken in the mouth with starchy foods, it hinders the mouth digestion of these foods by neutralizing the alkaline saliva.

A few drops of lemon juice on fish or meat aids in their digestion.

Pure lemon juice is said to be excellent in cases of ptomaine poisoning.

Lemon juice intensifies the flavor of many other fruits. The yellow rind contains a volatile oil; grated, it may be added as flavoring to custards and other dishes.

MANGOES

Mangoes seldom come to the United States in good condition. In countries where grafted mangoes can be obtained fresh and ripe they are certainly the most luscious of fruits. It is said by the natives of mango countries that if you take a piece of skin the size of an ordinary silver ten-cent piece and masticate it thoroughly and swallow it, before eating the mango, they will never produce diarrhœa. I think, however, that diarrhœa is caused by eating underripe or stale fruit.

TO SERVE MANGOES

Wash the mangoes thoroughly in cold water and put them on the ice. At serving time fill a little individual glass dish with finely-shaved ice and sink the mango down into the ice.

Always serve with it a finger bowl, as it is difficult to eat a mango without soiling the hands.

To eat the mango, cut off the "cheeks," to the stone; with your knife make a cross on the flesh of each cheek and bend the skin back; simply bite the flesh from the skin.

Then peel the remaining portion around the stone and suck the flesh from the stone. To be good they must be free from strings.

To eat a mango with strings, however, work it with your fingers, without breaking the skin, until you feel that it has been reduced to a pulp; make a hole in one end and suck out the flesh as you would suck an orange, leaving all the strings inside, or eat it with a spoon.

ORANGES

The common sweet orange is a very useful fruit, both in health and sickness. It is always refreshing, and not liable to upset digestion. It is especially useful for children who have weak digestion. In fevers it allays thirst. Orange juice should be used daily for children who have rickets, between the meal hours.

TO SERVE ORANGES IN THE HALF SHELL

Chill the oranges. At serving time plunge them into boiling water; do not allow them to remain an instant. Wipe, cut them into halves and serve on a dainty doily.

Induce the patient to eat oranges and grape fruit without sugar.

TO SERVE IN GLASS DISH

Chill the orange, plunge in boiling water according to preceding recipe, quickly remove the skin and all the white portion underneath the skin. With a sharp knife remove each carpel, take out the seeds, put the solid flesh in a pretty glass dish and serve.

TO SERVE AN ORANGE IN THE SKIN

Plunge a cold orange into boiling water; do not allow it to remain an instant. Cut the skin into eighths, beginning at the blossom end, but do not detach it from the stem end. Loosen the skin carefully from the flesh, take the orange out, and remove every particle of white pith from

the outside. Separate the carpels without breaking the skin, put them together as they were originally in the orange, stand the orange back in the skin, tucking the end of each bit of skin down, forming a sort of loop. This will keep the orange from falling apart, and makes an exceedingly pretty dish. Serve on a paper mat or pretty linen doily.

COMPOTE OF ORANGE

Separate the carpels of a fine seedless orange. Put four tablespoonfuls of sugar and two of water in a saucepan, stir until it reaches boiling point, boil two minutes, add the juice of half an orange, pour hot over the carpels and stand aside to cool.

ORANGE COCKTAIL

Purchase a large bright yellow-skinned orange for the "basket." Cut through the skin into the flesh, making a handle from a band of skin, and a basket; scoop out the pulp. Throw the basket thus made into cold water until crisp and bright. Cut a sweet orange into halves, scoop out the pulp, saving the juice and rejecting the seeds; add to the pulp and juice a tablespoonful of powdered sugar and a tablespoonful of brandy and fill the orange basket. Serve on a mat or doily.

If the basket is troublesome, cut the orange into halves, scoop out the flesh and use "the half shell." These baskets are also pretty for whipped cream and orange jelly.

ORANGEADE

Squeeze the juice of one orange in a tumbler, add a teaspoonful of powdered sugar, stir until the sugar is dissolved and fill the tumbler with plain cold water.

ORANGE SQUASH

Put the juice of one orange in a tumbler, add a teaspoonful of powdered sugar, and when the sugar is dis-

solved fill the glass from a siphon of either plain, carbonated water, seltzer or soda water.

ENGLISH ORANGE SQUASH

Put a rasping of the yellow rind of an orange, two tablespoonfuls of sugar and a half cupful of water in a saucepan to boil, boil five minutes and strain. When this is cold add the juice of a large orange; put it in a glass, add a little finely-shaved ice and fill the glass with soda or carbonated water.

FROZEN ORANGE JUICE

Squeeze the juice from one orange, sweeten it with a tablespoonful of powdered sugar, put it in an individual freezer, pack with salt and ice, and turn now and then until frozen like wet snow; then stir rapidly a minute and it is ready to serve. Serve in a small dainty punch glass or ice cream stem glass. For fever patients omit sugar.

ORANGE SORBET

Follow the preceding recipe, pack the freezer, and stir constantly until the mixture is frozen. Beat the white of one egg until stiff, add a tablespoonful of powdered sugar and beat again; remove the dasher from the freezer, stir in the meringue, cover and let it stand thirty to forty minutes.

ORANGE SPONGE

Squeeze the juice from one orange; it should measure two-thirds of a cupful. Cover a teaspoonful of granulated gelatin with a tablespoonful of water to soak for a half hour; stand over hot water until the gelatin is dissolved. Turn the orange juice into the bowl, add the gelatin and stir until the mixture is cold, but not stiff; then fold in the well-beaten white of one egg. Turn into an individual mold or pretty glass dish and put in a cold place for one hour or more. Sweeten if admissible.

ORANGE SOUFFLÉ

Follow the preceding recipe, and when the gelatin is cold (not stiff) fold in six tablespoonfuls of cream, whipped to a stiff froth.

ORANGE SOUFFLÉ PUDDING

The pudding—put a teaspoonful of flour and a half teaspoonful of cornstarch in a saucepan; measure a half cupful of milk, add this gradually to the flour and cornstarch. Bring to boiling point; it should be smooth and thick. Take from the fire, beat in the yolk of one egg and then fold in the well-beaten white. Turn into a custard cup, stand the cup in a shallow pan of boiling water and bake in a moderate oven fifteen minutes. When done turn it carefully into a dessert saucer, pour over the sauce and serve at once.

The sauce—grate sufficient yellow rind of an orange to make a teaspoonful, add a tablespoonful of sugar and a teaspoonful of cornstarch; mix thoroughly and add hastily a half cupful of boiling water; stir until the mixture boils, boil two minutes and strain. Take from the fire and add two tablespoonfuls of orange juice.

This is a nice dessert for convalescing patients, invalids or children.

ORANGE JELLY

Cover a teaspoonful of granulated gelatin with two tablespoonfuls of cold water, soak a half hour, add a tablespoonful of powdered sugar, stand over boiling water and stir until the gelatin is dissolved. Add the juice of an orange, stir carefully, strain, turn into an individual mold and stand at once in the cold.

Orange jelly may be cooled in a shallow pan, cut into blocks and served in an orange basket.

ORANGE WHIP

Cover one teaspoonful of granulated gelatin with two tablespoonfuls of cold water to soak for a half hour; add a tablespoonful of powdered sugar, stir over the fire until the gelatin is dissolved, and add two-thirds of a cupful of orange juice. Stand this aside until it begins to jelly, then stand the dish in another of cracked ice or ice water, and whip with an ordinary egg beater until the whole mixture is as white as snow. Turn at once into an individual mold and stand on the ice. This is nice served with a compote of orange.

ORANGE SALAD

Peel the orange, remove the carpels very carefully and arrange them neatly on a heart of lettuce. Put a saltspoonful of salt and one of sugar, and a tablespoonful of oil into a bowl, put in a piece of ice and stir until the salt and sugar are dissolved; remove the ice and baste the mixture over the orange on the lettuce leaf. Squeeze on top a half teaspoonful of lemon juice, and serve at once.

ORANGE FLOAT

Moisten two level teaspoonfuls of cornstarch with a half cupful of cold water, stir constantly until it reaches the boiling point, boil about two minutes and add a tablespoonful of sugar; take from the fire, add a grating from the yellow rind of an orange and two tablespoonfuls of orange juice; and pour while hot into the well-beaten white of one egg. Turn this at once into a little glass stemmed dish and put in the refrigerator to cool. At serving time fill the dish with orange juice and stand it on a pretty mat on a service plate.

PEACHES AND NECTARINES

Nectarines are not easily obtainable in this country, so need not be considered singly; they may be used the same as peaches.

Peaches are wholesome, easily digested, and contain less sugar than other fruits; for this reason, they are suited to the rheumatic, the gouty and the diabetic; in diabetes, however, they must not be used unless ordered by the physician, and then they must be fully ripe. When mellow, soft and ripe, freshly picked from the tree, they are considered curative in cases of chronic diarrhœa. A little underripe, eaten alone, they are laxative.

TO SERVE WHOLE, RAW

Wash the peach and thoroughly chill it; sink it in a little dish of shaved ice, stem end up; if possible, garnish with peach leaves and serve at once.

For serving raw always select a fine specimen.

TO SERVE, SLICED

Pare and slice the peach at the last moment; dust it lightly with powdered sugar, or serve it plain. Do not use cream or milk; such combinations complicate digestion.

PEACH PURÉE

Peel one large mellow peach, press it through a sieve, heap it in a punch or lemonade glass, make a hole in the center, put in a tablespoonful of sherry or brandy, dust it with powdered sugar and serve.

BAKED PEACHES

Select a very large free-stone peach, wash and wipe it; stand it in a small saucer or porcelain dish, and in a hot oven for fifteen minutes. When done, pull the peach open with two forks and remove the stone; dust it with powdered sugar and serve. The patient must reject the skin, scooping out the soft portion with a spoon.

COLD PEACH SOUFFLÉ

Mash one large mellow peach through a fine sieve and stir into it at once six tablespoonfuls of cream whipped to

a stiff froth. I prefer this to be served without sugar. If, however, the patient is allowed sweet dishes, sprinkle over a little powdered sugar.

ICED PEACH ON TOAST

Bake a peach according to directions for baked peaches; when the peach is done, dish it on a square of toasted bread, cover it with a meringue made from the white of one egg, dust with sugar and return to the oven a moment to brown.

STEWED PEACH

Fruit stewed without sugar will frequently agree with persons who cannot eat raw fruit.

To peel the peach, plunge it into boiling water and pull off the skin; put it in a saucepan, add a half cupful of water, cover the saucepan and cook ten minutes. Lift to the serving dish, baste with the syrup that has formed in the bottom of the saucepan, and stand aside to cool. Serve plain; do not add sugar.

FROZEN PEACH

Make a purée of peach, add four tablespoonfuls of cream, turn into an individual freezer, pack with salt and ice; turn slowly now and then until frozen. Serve in an individual glass stem dish or punch cup.

PEACHES à la IMPERATRICE

Dish one stewed peach on four tablespoonfuls of carefully-boiled rice and baste the rice with the peach syrup. Serve with plain cream.

PEACH TAPIOCA

Put a teaspoonful of granulated tapioca into four tablespoonfuls of water, soak for twenty minutes, and stir over hot water until transparent and rather thick. Pare a large ripe peach; with a skewer push out the stone, keep-

ing the peach whole. Stand it in a ramekin dish, fill the stone space with tapioca, dust with a tablespoonful of powdered sugar and bake in the oven until the peach is tender and slightly brown. Just before you take it out, dust again with sugar and let it melt over the peach. Serve warm with cream.

PEACH ICE CREAM

Sweeten a half pint of good cream, turn it into an individual freezer and stir slowly until frozen like wet snow. Peel and press a very ripe peach through a sieve, stir it into the frozen cream, put on the cover and turn the crank slowly until the mixture is again frozen.

PEACH DUMPLING

Make the same as apricot dumpling.

PEACH TOAST

Peel one peach, remove the stone and crack it; take out the kernel, cut it into halves, put it into a saucepan with a tablespoonful of sugar and a half cupful of water; boil two minutes, strain, and add the peach that has been pressed through a sieve, and a teaspoonful of almond paste or ground almonds. Have ready a square of nicely-toasted bread, heap the purée on the toast and serve.

A nice breakfast for the chronic dyspeptic.

PEACH PUFF

Pare a ripe peach, press the flesh through a sieve and stir into it the well-beaten white of one egg; heap this into a ramekin dish, dust with powdered sugar and bake five minutes in a moderately quick oven.

PEACH PUDDING

One large mellow peach, peeled and pressed through a sieve; add to it the yolk of one egg slightly beaten, and

one tablespoonful of sugar. Dust an individual baking dish or casserole thickly with bread crumbs, put in the peach mixture and bake eight minutes in a quick oven. Beat the white of the egg to a stiff froth, add a tablespoonful of powdered sugar and beat until fine and dry; heap this over the top of the pudding, dust it with powdered sugar and put back in the oven a minute to brown. Serve cold.

PEACHES AND HONEY

Put one tablespoonful of peach brandy into a glass, add a tablespoonful of honey, mix, and fill the glass with either plain or carbonated water.

PEACH SYLLABUB

Peel and mash one peach through a sieve, add a tablespoonful of powdered sugar, stir into it eight tablespoonfuls of cream whipped to a stiff froth, heap in a glass dish, and when very cold serve.

PEACH BRANDY

Mash a quart of ripe peaches, without peeling, and break half the stones; put them in two half-gallon fruit jars, add a pint of 95% grain alcohol to each jar, and a pint of water; cover and stand aside over night. Strain off the liquor, carefully pressing the peaches, then strain this through two thicknesses of cheesecloth. Add a half pint of rock candy syrup and a tablespoonful of caramel; mix, bottle and cork.

HOT PEACH TODDY

This dish used to be ordered by physicians, more frequently than now, but the recipe is well worth having.

Split a large mellow peach into halves, remove the stone, stand the peach, skin side down, into a baking dish, dust it with a tablespoonful of powdered sugar and bake until tender. Press it from the skin into a small pitcher;

add a teaspoonful of powdered sugar, a grating of nutmeg, four tablespoonfuls of brandy or whiskey, and sufficient boiling water to make a pint. Stir and stand aside to cool. When wanted, fill a tumbler quarter full of the toddy and fill it with boiling water. More brandy may be added if desired.

This is excellent in cases of chronic diarrhœa and dysentery.

PEARS

The Bartlett pear when fully ripe is soft and luscious, and will almost "melt in your mouth." It is more easily digested than raw apple; but the average pear contains tiny particles of silica throughout the flesh, which are apt to provoke gastro-intestinal irritation in children and invalids, even when cooked.

PEAR HONEY

Pare and remove the cores from four Bartlett pears; put them in water to prevent discoloration. Boil together a half cupful (four ounces) of sugar and the same quantity of water until the syrup will spin a light thread when dropped from a spoon. Grate the pears into the syrup, boil five minutes and put in tumblers or jars.

This makes a nice sweet to serve with toast or rusks.

STEWED PEARS

Peel a Bartlett pear, remove the core, put it into a saucepan, cover with boiling water and stew gently until perfectly tender. Lift the pear to the serving dish, add a tablespoonful of sugar to the water, boil until it forms a thin syrup, baste it over the pear and stand aside to cool.

BAKED PEAR

Peel a Bartlett pear, cut it into halves and remove the seeds. Put the halves into a ramekin or individual casserole, dust lightly with powdered sugar, add two tablespoonfuls

of water and bake in a quick oven until the pear is tender and slightly glazed. Serve hot or cold.

COMPOTE OF PEAR

Cut a piece of bread the shape of a half pear and toast it. At serving time butter it lightly and put on the half of a stewed pear, rounding side up. Grate the other half quickly into a half cupful of water; bring to a boil, add a half teaspoonful of cornstarch that has been moistened in a little cold water and a tablespoonful of sugar; stir and boil just a minute, take from the fire, add a teaspoonful of brandy or a tablespoonful of sherry, and baste it over the pear and the toast. It is wise to make the grated pear first, so the whole may be served warm, not necessarily hot.

PINEAPPLE

Pineapple juice contains an *enzyme, bromelin,* which aids in the digestion of the albuminoids. The raw expressed juice is said to be very beneficial in cases of sore throat, tonsilitis or diphtheria.

PINEAPPLEADE

Boil two tablespoonfuls of sugar and a half pint of water together for two minutes. Take from the fire, and when cool add one ripe pineapple, grated, and stand aside for two or three hours. Strain through two thicknesses of cheesecloth, wringing the pineapple fibre dry. Put it in a jar, and keep in a cold place.

This may be sipped slowly; or put four tablespoonfuls in a tumbler, and fill the tumbler with plain or carbonated water.

Raw pineapple should not be served with starchy foods alone. It is truly an accompaniment to foods rich in protein.

PINEAPPLE CIDER

Grate one pineapple, put it into a pitcher with two quarts of cold water, cover the top with a piece of cheese-

cloth and stand it aside in a rather warm place for two or three days; stir it down during the last day. Strain through two thicknesses of cheesecloth, bottle, cork, and wire down the corks; put the bottles on their sides in the refrigerator for twenty-four hours, and it is ready for use.

PINEAPPLE SHRUB

Grate one large ripe pineapple, put it into an ordinary two-quart fruit jar, add one cupful of sugar, and fill the jar with cold water; shake and stir thoroughly until the sugar is dissolved. Put the top on the jar loosely and stand it in a warm place (about 80° Fahr.) for three days until the shrub begins to ferment. As soon as fermentation is quite pronounced, stand it in the ice and it is ready for use.

This may be served, a teaspoonful or a tablespoonful at a time, to persons who have sore throat, or to tuberculosis patients, or may be given in a tumbler with cracked ice and carbonated water; or, if admissible, two tablespoonfuls may be mixed with two tablespoonfuls of rum in a tumbler, and the tumbler filled with carbonated water.

GRATED PINEAPPLE

This is used frequently in cases of tonsilitis and sore throat; it is also good for children with whooping cough.

Pare the pineapple, remove the eyes, grate quickly, saving all the juice, strain and stand it aside or put it in a glass jar on the ice, to use as wanted, a teaspoonful at a time. It is much better if used without sugar.

PLUMS

Plums are rarely used as diet for the sick; unless very ripe, they are apt to cause diarrhœa and intestinal colic. Green gages and large blue plums are more digestible than the smaller varieties.

TO SERVE RAW

Select perfectly ripe large green or yellow gages, put them in a sieve, plunge them into boiling water, then into cold water. Peel carefully, arrange them in a pretty dish of cracked ice, and they are ready to serve.

PLUM JUICE

Cut a pint of blue plums into halves and remove the stones; put them into a kettle with a half cupful of water, cover and stew for ten minutes; mash and press them through a sieve; put this aside in a cold place. When wanted for use, add a pint of cold water, stir thoroughly and strain through two thicknesses of cheesecloth.

This may be kept in a jar in the refrigerator and used the same as grape or currant juice.

PRUNES

A small blue plum, long and narrow, known as the prune plum, is dried and sold in almost every market of the world. We have many varieties of prunes, some excellent, some good, and many inferior. The California large dried prune is, as a rule, very good. Dehydrated prunes retain their flavor to a marked degree, and are decidedly better than prunes dried by the ordinary methods; in fact, dehydrated fruits, as a rule, retain all the flavor of the fresh fruits.

Prunes contain a large percentage of sugar, and when eaten alone are easy of digestion and laxative. They should be soaked over night, and should not be cooked with sugar.

A word of caution—Do not eat stewed prunes for breakfast, and at the same meal drink coffee. I do not know of anything that will more quickly provoke indigestion and sour stomach. Cereals and prunes make a good combination, but do not wash them down with coffee.

STEWED PRUNES

Wash a pound of prunes through several cold waters; cover them with a half pint of cold water and soak over night. Next morning bring them to boiling point, lift the prunes with a skimmer, add a bay leaf to the juice and boil it down one half; pour it over the prunes, and stand aside to cool.

PUFFED PRUNES

Wash the prunes through several cold waters, cover them with cold water and let them stand over night; next morning drain, and they are ready to use. These are better for constipation than stewed prunes.

PRUNES AND RICE

Serve six puffed prunes on the top of hot boiled rice. Use cream if admissible.

PRUNE PULP

Press puffed prunes through a sieve sufficiently fine to reject all the skin; serve this pulp in a glass saucer with a little thick cream.

PRUNE SOUFFLÉ

Press six puffed prunes through a sieve, fold into them the well-beaten white of an egg; put this into an individual baking dish or a custard cup, dust thickly with powdered sugar, bake in a quick oven five minutes, and serve at once.

BAKED PRUNES

Wash the prunes through several cold waters. To each pound allow one pint of fresh cold water. Put them in a casserole mold, pour over the water, cover and let them stand all night. Next morning put them in a slow oven and bake for at least one hour.

PRUNE JELLY

Press six stewed prunes through a fine sieve. Cover one teaspoonful of gelatin with two tablespoonfuls of cold water to soak for a half hour, then add two tablespoonfuls of hot water, stir until the gelatin is dissolved, add the prunes, stir until well mixed, turn into a small fancy mold and stand away to harden. Serve with plain cream.

PRUNE CREAM

Skin and stone four stewed prunes, press the flesh through a fine sieve, fold in six tablespoonfuls of whipped cream, heap it in a small glass stem dish, make a tiny hole in the center and put in one tablespoonful of orange juice; serve at once.

QUEEN PRUNES

Press six stewed prunes through a sieve; heap the pulp into an individual glass dish, cover it thickly with toasted bread crumbs, garnish the dish with whipped cream, and use it at once. This is better cold than hot.

PRUNELLES

Prunelles are the light Italian plum sold in our markets in great dried masses like dates. While they are exceedingly palatable and may be eaten by the well, they are not used as diet for the sick.

QUINCES

On account of the short summers in the United States, the quince never ripens sufficiently to be eaten raw. Even when thoroughly cooked we rarely eat it alone; and I find no place for them in diet for the sick, except as a flavoring to apples, or in jelly.

Quince and guava jellies are the most wholesome of the sweet jellies; in fact they contain only a trace of free acids, and can be taken by persons who have to reject all acid fruits.

QUINCE JELLY

Wash the quinces and wipe them, cut them into halves and remove every particle of the seed core and seeds; slice the quinces without paring, put them into a porcelain-lined or granite kettle, add, to each two pounds, one quart of water. Cover the saucepan, bring to boiling point, stew twenty minutes, or until the quinces are tender, and drain over night. Next morning measure the juice, and to each pint allow three quarters of a pound of sugar. Put the juice in a preserving kettle, bring it to a boil, skim, boil rapidly five minutes, add the sugar, stir until the sugar is dissolved and begin to try. As soon as it drops, jelly like, from a spoon, turn it into the jelly glasses.

RHUBARB

Rhubarb is really not a fruit, but as it is used in the place of fruit, it is considered under this heading. When thoroughly cooked, it acts as a laxative, but on account of the oxalic acid it contains, I find no use for it in diet for the sick—in fact I find very little use for it in diet for the well. Mixed with dried soaked figs in equal quantities, it makes a good marmalade.

STRAWBERRIES

It is said that the strawberry took its name from the old-fashioned way of cultivating and growing it. When the plants were of a fairly good size, the entire ground was covered with straw to protect the berry from sand and dirt—so they were "straw berries."

The popularity of the strawberry is based largely on its odor and flavor. It is wholesome when taken in moderation, and is always better when served plain, without cream. Strawberries and strawberry juice are considered valuable in diet for the gouty on account of the salts they contain (potash, soda and lime). They are cooling and laxative. Some people seem to have an idiosyncrasy for

strawberries; even a half dozen will produce a rash that is exceedingly unpleasant.

The French, who always study to heighten the flavor of food, claim that a few drops of orange or lemon juice intensifies the flavor of strawbrries. Of this we are certain: strawberries served in orange juice are much more wholesome than strawberries served with cream.

TO SERVE

For the sick select large ripe sweet berries free from sand. Arrange them on a pretty dish, around a little mount of powdered ice. To eat, lift them by the stems, dip them in the sugar and bite off the berry.

TO SERVE IN ORANGE JUICE

Stem a half dozen large strawberries, with a silver knife cut them into halves, put them into a glass punch cup, strain over the juice of one orange, stand the cup on a pretty doily, on a service plate. These should be moderately chilled.

FRESH STRAWBERRY JUICE

Put the strawberries into a flat kettle, mash them with an ordinary wooden pestle, turn the mashed berries into two thicknesses of cheesecloth and wring them until the pulp is dry. Put it at once into clean glass jars and keep in a cold place.

Fruit juices for the sick should be served without sugar. Put four tablespoonfuls in a tumbler, and fill the tumbler with plain or effervescing water. Induce the patient to take this slowly, and hold it in the mouth a moment before swallowing. To preserve strawberry juice follow the rule for grape juice.

NUTS

The fruits of trees, enclosed in hard woody coverings instead of soft skins, are called nuts. In some, the fruit is drupaceous, as the almond, for instance—we eat the "stone kernel" and reject the pulpy covering. This is true also of the nutmeg; although in countries where nutmegs are plentiful, the flesh, which closely resembles the peach, is used for jellies and jams. Nutmeg jelly is tart and tasty, and makes a nice accompaniment to game.

Nuts are divided into two classes, nitrogenous and carbonaceous. The nitrogenous are those containing a large amount of tissue-building foods, as peanuts, pecans, English walnuts, hazel, filbert or cobnuts, piñons, and hickory nuts in general. Almonds and pistachio nuts are used largely as flavoring. The chestnut and the chinquapin are the only two starchy nuts in common use. The black walnut, white walnut or butternut, Brazilian nuts, souari and cocoanuts are oleaginous, containing considerable heat and energy food. The cashew nut (*Anacardium occidentale*), a common nut in Central and South America, has not until recently been introduced in the United States; its chemical composition is not known, but the fruit itself is interesting. The tree is short and shrub-like. The fruit is the shape of an ordinary bell pepper, sometimes scarlet, sometimes yellow, and both colors are found on the same tree. The fruit is known to the natives as "cashew apple" and is edible. The nut is inclosed in a leathery covering and springs from the blossom end of the fruit. The pulp around the nut contains a very caustic, acrid oily substance which is poisonous and can only be eliminated by heat; for this reason cashew nuts are always sold, in the markets, roasted.

Peanuts truly belong to the leguminous seeds, but in our market are classed with nuts.

Pine or piñon nuts come from the small piñons of the West; they are cheap, easily digested and nutritious.

In many parts of the United States the common acorn is extensively used in making bread, which is, by the way, when properly made, palatable and nutritious.

ALMONDS

The almond is the seed of a tropical evergreen (*Prunus Amygdalus,* Baill.) The high price demanded for almonds places them, from a food standpoint, among the luxuries, appetizers and flavorings. They have, however, a decided medicinal value. Some physicians recommend an emulsion of almonds where fatty food is called for and olive oil is not well borne. Almond milk is very beneficial in cases of stomach trouble. Six almonds, blanched and eaten raw, will frequently relieve an acute attack of indigestion, provided they are thoroughly masticated.

In the United States we have fixed in our minds somewhere that almonds are digesters, so we serve them, salted and roasted, at the end of the meal. The *enzymes* are killed by the roasting, and the almonds become a burden rather than an aid to digestion. Serve them raw.

BITTER ALMONDS

Bitter almonds taste like the kernel of a peach; they are only used for flavoring, and then in small quantities.

ALMOND WAFERS

Mix one cupful of almond paste with one and a half cupfuls of warm water, and stir in sufficient bran to make a hard dough; this will take nearly one quart. Roll it to a very thin sheet, cut it into wafers four inches long and two inches wide, and bake in a moderate oven to a golden brown. The bran must be clean bran, free from flour.

TO BLANCH ALMONDS

Cover the almonds with boiling water; let them stand five minutes, drain, put them on a coarse towel and rub off the skins. Stand these in a cool oven, where they will

dry, without browning; if they are the slightest browned, the digestive qualities are killed.

SALTED ALMONDS

Shell and blanch the almonds. Put them in a pan, dust lightly with salt, and stand them at the oven door until they are thoroughly dried, not cooked or baked.

To be of service as digesters they must not be baked, fried or browned.

ALMOND BUTTER

Grind blanched almonds through the finest "plate" of a meat grinder or in a nut machine, and pack the "butter" in tumblers. Keep in a cold place.

ALMOND CAKE

Blanch a quarter of a pound of sweet almonds, put them through the meat grinder twice, then add one ounce of butter, mix thoroughly, add a saltspoonful of salt and stir in the yolks of two eggs. When this is thoroughly mixed, fold in the well-beaten whites of the eggs. Bake in lightly greased gem pans, about two tablespoonfuls in each pan.

To take the place of bread for the diabetic patient.

ALMOND BISCUITS

Blanch and grind two ounces of shelled almonds; pound them in a mortar if possible. Drop in the whites of two eggs, one at a time, beating all the while. When well mixed and smooth, drop by spoonfuls on oiled paper and bake twenty minutes in a very moderate oven.

ALMOND PUDDING

Blanch and grind two ounces of almonds; add to them two eggs, well beaten, and a teaspoonful of butter; mix well, add four tablespoonfuls of milk and bake in a moderate oven, in an individual mold, fifteen minutes. Serve warm.

ALMOND MILK

Blanch and grind two ounces of almonds; put this "butter" into a pitcher and add gradually, stirring all the while, a half pint of cold water; stir continually for five minutes, strain through two thicknesses of cheesecloth and stand aside until palatably cold.

Where almond milk is to be used two or three times a day, it is wise to make the desired quantity in the morning, and keep it on the ice in a covered vessel. Four ounces is a feeding.

ALMONDS AND MILK

Follow the preceding recipe, and substitute milk for water. After straining add ten grains of salt to each individual quantity.

ALMOND CROQUETTES

Wash and boil four tablespoonfuls of rice. When done, drain, throw it into cold water to soak for ten minutes, and drain again. Pound this in a mortar or press it through a sieve. Add twelve almonds that have been blanched and ground, and a saltspoonful of salt. Mix well, form into tiny cylinders, put them on a piece of oiled paper in the bottom of a baking pan, and bake in a quick oven ten or fifteen minutes, until a golden brown. Serve with egg, tomato or cream sauce.

BEECH NUTS (*Fagus ferruginea,* Aiton)

These tiny, three-sided nuts are sweet and tender, but take no part whatever in diet for the sick. Beech nut oil is used in many places instead of olive oil; it is sweet and bland.

CHESTNUTS

The chestnut is the seed of a large tree belonging to the oak family and to the division *Castanea.* Chestnuts form an exceedingly good starchy diet where potatoes and

other starchy foods are not obtainable. Chestnut flour, a common article of commerce in almost all countries, makes good thickening for soups and gruels.

BOILED CHESTNUTS

Shell the chestnuts, remove the brown skin underneath, throw them in a kettle of boiling salted water and boil rapidly for twenty minutes, until perfectly tender, but not water-soaked. Drain, turn into a heated dish and serve in the place of potatoes or rice.

If admissible, they may be served with butter or cream sauce.

CHESTNUTS à la POULETTE

This is an exceedingly nice dish in cases of rheumatism or gout, where a little easily-digested starchy food is admissible.

Boil the chestnuts as directed in preceding recipe, using stock instead of water. When the chestnuts are done drain and cover them with sauce à la Poulette.

CHESTNUTS WITH WHIPPED CREAM

Boil the chestnuts according to the directions in first recipe. When done press them through a colander or an ordinary vegetable press; heap them in a serving dish, dust them with powdered sugar and garnish with whipped cream, or they may be served with plain cream.

An exceedingly nice dish in cases of anæmia, where easily digested fat forming foods are required.

COCOANUT (*Cocos nucifera*)

Cocoanut is the fruit of a large palm growing in Central and South America. The soft pulp of a fresh cocoanut is excellent in cases of chronic constipation, but in the central and northern parts of the United States it is impossible to obtain fresh cocoanuts. The flesh of dried cocoanuts is most indigestible, but when made into cocoanut

milk or cream is a valuable fatty food. It is easily digested and palatable.

COCOANUT MILK

Grate a good-sized cocoanut, add a pint of boiling water, stir until it is thoroughly washed and water-soaked. Put it in a cheesecloth bag or towel and wring the fibre dry. Stand the milk thus obtained in a cold place; throw the fibre away.

The milk thus obtained may be used for sauces. The "cream" makes a nice salad dressing, or pudding sauce.

COCOANUT CREAM

Stand cocoanut "milk" aside in a cold place for four hours, then skim off the "cream" and use it in the place of ordinary cream or oil.

COCOANUT CUSTARD

Skim the cream from the surface of the cocoanut milk. Put a half cupful of the "milk" in a double boiler. Beat the yolk of one egg with two tablespoonfuls of sugar, add the hot cocoanut milk, stir in the double boiler over the fire until it thickens like soft custard; take it from the fire and pour it slowly into the well-beaten white of the egg. Turn this at once into a pretty glass dessert cup and stand aside to cool.

COCOANUT AND TOMATO

Peel a solid tomato and cut it in slices one inch thick; put the two center slices on a serving dish, dust them lightly with salt and pour over two tablespoonfuls of cocoanut cream and serve.

This is one of the most wholesome ways of serving tomatoes.

AMBROSIA

Remove the pulp from one orange or half a grape fruit; arrange the flesh neatly on a glass individual dessert plate, pour over cocoanut cream and serve.

Without sugar, this can be taken by a diabetic patient; it is exceedingly good for the rheumatic and gouty, and gives variety to long-continued diet for an invalid.

PEANUTS (*Arachis hypogæa,* Linn.)

In some parts of the United States these are also called ground nuts, but must not be confounded with the true ground nut (*Apois tuberosa*). The peanut is truly a leguminous plant which ripens its seeds below the surface of the soil.

COMPOSITION OF SHELLED PEANUTS (Church)

Water	7.5
Albuminoids, etc.	24.5
Starch, etc.	11.7
Oil	50.0
Cellulose	4.5
Mineral matter	1.8

Peanuts, unroasted, ground and made into meal, make good thickenings for soup and sauces, or may be used in half quantity in breakfast muffins and in peanut bread. Roasted peanuts are used for peanut butter, peanut wafers, or like the unroasted ones, may be added to sauces and soups. They are an exceedingly concentrated food, and must not be eaten in large quantities.

PEANUT WAFERS

Mix a half cupful of peanut meal with a half cupful of peanut butter and one cupful of sugar. Dissolve a half teaspoonful of soda in a half cupful of warm water, add this to the nut mixture, and work in nearly a quart of Graham flour; the dough must be quite hard. Knead until

the dough is smooth; roll it out in a thin sheet, cut it into squares of two inches and bake in a slow oven until a golden brown.

A good bread for persons troubled with constipation.

PEANUT BUTTER

Shell roasted peanuts, put them in a towel and rub them, and then blow away the skins. Dust them with salt, put them through the meat grinder with the finest plate, or use a regular nut grinder. Pack at once into glass tumblers, cover with paraffin and stand away, to use as needed. This may be used plain, or diluted with water.

A meat substitute.

PEANUT SOUP

Put a quarter of a tumbler of peanut butter into a double boiler, with a half pint of water, a saltspoonful of salt, a slice of onion, a bit of chopped celery, or a half saltspoonful of celery seed. When scalding hot, add a level teaspoonful of cornstarch moistened in a little water, stir for five minutes and serve. If too thick add a little hot water.

PIÑONS OR PINE NUTS

These nuts are sold in some markets under the name of pignolias, a corruption of the Italian name. They consist of the seeds of several varieties of pines. Those most commonly sold in the United States come from the scrubby piñon trees (*Pinus edulis*) of the far West; the larger ones from the hard cones of the South European pines. They are usually sold shelled. As they are threshed on the floor of barns, or in blankets, they are usually dirty, and require washing and drying before they are fit for use. They are cheap, nutritious and palatable, the most valuable of all the common nuts for everyday cookery.

PIÑON BUTTER

They may be made into butter the same as peanut butter. For the sake of variety, they may be mixed with ground meat for Hamburg steaks or beef roll, or a few may be sprinkled over a lettuce salad. They make good stuffing for tomatoes and cucumbers.

PINE NUT MILK

Pine nuts contain less nitrogen and more fatty matter than almonds. They are less dense than most nuts, which makes them a valuable diet for the sick. Put a quarter of a pound of pine nuts through a meat grinder, add one quart of cold water or milk, stir constantly with an egg-beater for five or ten minutes, and strain through two thicknesses of cheesecloth. Keep covered in a cold place.

PISTACHIO NUT (*Pistacia vera*)

This nut contains a considerable amount of *chlorophyll,* the green coloring matter of plants, and is used only as flavoring. Now and then, however, a few salted in the shell are appetizing and aid in the digestion of other foods.

SOUARI NUT

This nut, the fruit of the genus *Caryocar,* a tree belonging to the Camellia or tea family, grows in the central part of South America, where they are universally called butter nuts, on account of their excessive fatty matter. It contains less cellulose than any other nut. In cases of pernicious anæmia or tuberculosis, or any other disease where the object is to increase the weight of the patient, they are most valuable, because they are palatable and easy of digestion.

They may be ground and made into butter, and served on bread; or they may be eaten, one or two at a time, thoroughly masticated. Chopped fine, on a lettuce leaf, with a little French dressing, they are most appetizing.

MIXED NUT MILK

Make according to the preceding recipe, using a mixture of pine nuts, almonds and pecans.

NUT CHEESE

This is made by grinding a pound of mixed nuts, a half pound of pecans, a quarter of a pound of pine nuts, a quarter of a pound of almonds. Add just enough water to bind the whole together, pack the mixture into baking powder cans or tumblers and keep in a cold place.

Thin slices of nut cheese between slices of whole wheat bread make a good school sandwich for children. Followed by a glass of Vichy or plain seltzer, make a good luncheon for rheumatic or gouty patients.

NUT AND FRUIT CRACKERS

Rub a half cupful of almond butter into one quart of whole wheat flour; mix, and add sufficient water to moisten; the dough must be very hard. Knead it for five minutes, pound with a potato masher for five minutes, and roll it into a very thin sheet. Sprinkle half of the sheet with either chopped dates, ground soaked figs or chopped raisins; fold over the other half, and with a rolling pin roll the two carefully together. With a sharp knife cut it into crackers two inches wide and three inches long, and bake in a moderate oven until brown and crisp, about twenty minutes.

Peanut or pine nut butter may be substituted for almond butter, and Graham flour may be substituted for whole wheat flour.

Eaten slowly at bedtime followed by a glass of water, they will frequently correct constipation.

NUT SOUFFLÉ

Soak one pint of soft bread crumbs in one pint of cocoanut milk or water for fifteen minutes. Stir over the

fire until perfectly smooth; take from the fire, add a half pint of chopped pine or pecan nuts, the yolks of four eggs, a level teaspoonful of salt, a dash of pepper, and fold in carefully the well-beaten whites of the eggs. Turn this into a baking dish and bake in a quick oven twenty minutes.

This dish takes the place of both bread and meat, and may be given to children as the noonday meal. It is good in cases of rheumatism and gout.

This quantity is sufficient for four persons; for a single portion divide all the ingredients by four.

WATER CHESTNUTS

These are really not nuts, but are classed with the nuts for the sake of convenience. They are the crisp vegetable ingredient in nearly all the rich stews made by the Chinese and Japanese cooks. In chemical composition they resemble closely the stachys and Jerusalem artichoke. Boiled in plain water or in chicken stock, served with cream sauce, without thickening, they give variety to the long continued diet of the diabetic and the obese.

MOCK CANDY

Besides being a good candy for children, this mixture makes a nice filling for school sandwiches.

Put through a meat grinder a half pound of soaked figs, a half pound of seeded raisins, a half pound of stoned dates, a half pound of pine nuts, a half pound of pecan meats, a quarter of a pound of blanched almonds and a quarter of a pound of Brazilian or black walnuts. The better way to mix them is to put a few at a time into the meat chopper, and by the time the last are ground they are well mixed. With your hand work the mixture until it is a little soft, pack it into baking powder boxes or jelly tumblers, and stand it in a cold place to keep.

If this is to be made at once into caramels, roll it out in a sheet a half inch thick; cut it into caramels, wrap each in waxed paper and put them in a tin box for keeping.

OTHER USES FOR NUTS

Chopped almonds, pecan meats and pine nuts may be sprinkled over lettuce or Romaine, covered with French dressing and used as dinner salad where meat is not allowable.

Pine nuts may be used as filling for birds or chickens.

Peanuts may be added to cream vegetable soups. Where starch is not allowable, use pine nuts, almonds, Brazilian nuts and black walnuts for nut soups.

Where feeding without meat must be continuous, a creative mind can invent many recipes in which nuts may be used to advantage.

Sprinkled over boiled spinach or kale, or over a dish of stewed cabbage, they give a pleasant flavor, and add the necessary protein.

GELATIN JELLIES

GELATIN

Gelatin is a nitrogenous food, but the nitrogen it contains is not available for tissue building. The ordinary commercial gelatin does, however, when made into jelly, give a good vehicle for the conveyance of other foods. Connective tissue of beef, veal, mutton and chicken will, by continued cooking in water, yield gelatin. For the sick, buy plain, unflavored gelatin.

Isinglass, fish gelatin, is obtained from the swimming bladders of sturgeons; and by many dietitians it is preferred to ordinary gelatin.

I doubt very much whether the ordinary calves' foot jelly made at home, is better than a quick jelly made from the commercial gelatin. The flavoring is different, and this may have something to do with the patient's liking for it.

Gelatin is insoluble in cold water, but it is wise to mix even granulated gelatin with cold water before pouring over the boiling water. Where gelatin is boiled, a larger quantity of gelatin or a less quantity of water must be used. After rapid boiling gelatin does not readily solidify.

Vegetable gelatin, clarified sea weeds, is quite nutritious.

Gelatin water has been found very useful in cases of hemorrhage during typhoid fever.

Meat jellies made by condensing beef, veal or chicken stock are not more nutritious than gelatins made from commercial gelatin. But they are more stimulating and have a pleasant flavor, and for this reason are more agreeable to the invalid.

LEMON JELLY

Cover one teaspoonful of granulated gelatin with four tablespoonfuls of water, soak a half hour, then add a half cupful of boiling water, four tablespoonfuls of lemon juice and three tablespoonfuls of sugar; strain through two thicknesses of cheesecloth and turn either into a pretty small

stem glass dish or in an individual mold. At serving time plunge the mold quickly into hot water, loosen the jelly around the top and turn it out on a pretty china serving dish.

LEMON JELLY FOR DIABETICS AND OBESE

Cover one package of gelatin with one cupful of cold water to soak for a half hour; then add a pint and a half of boiling water, stir until the gelatin is dissolved, add one gill (a half cupful) of lemon juice, a level teaspoonful of beef extract and a level teaspoonful of celery salt; stir, strain, add two drops of Tabasco and put it in a mold to harden.

Served with cold meat, or chopped fine on lettuce leaves with a little French dressing.

ORANGE JELLY

Cover one teaspoonful of gelatin with four tablespoonfuls of cold water to soak for a half hour; add a half cupful of boiling water, a half cupful of orange juice and six tablespoonfuls of sugar. Stir until the sugar is dissolved, strain and put into two molds or glasses to harden.

This is very pretty if colored slightly brown with caramel.

Serve turned from the mold, or cut it into blocks and serve in an orange basket.

WINE JELLY

While there is little or no nourishment in any of the gelatin jellies, they make exceedingly good vehicles for the conveyance of stimulants when stimulants are ordered.

Cover a half package of gelatin with a cupful of cold water, let it soak for a half hour, then add a half cupful of sugar and a cupful of boiling water; stir over the fire until the gelatin is thoroughly dissolved. Strain, add one gill (a half cupful) of wine, turn at once into small stem glasses, sufficient in each glass for one feeding. This should make four glasses.

Brandy or rum may be substituted for sherry, or brandy and sherry may be mixed.

WHITE WINE JELLY

Put a half package of granulated gelatin, covered with a pint of cold water, to soak a half hour; add four tablespoonfuls of sugar, stir the mixture over the fire until the gelatin is dissolved; add a half pint of white wine and a grating of the yellow rind of a lemon; stir and turn at once into glasses. This should make three glasses.

QUICK BEEF JELLY

Put two teaspoonfuls of granulated gelatin in four tablespoonfuls of cold water and soak for a half hour. While this is soaking dissolve a teaspoonful of Liebig's beef extract in a cupful of boiling water, add a whole clove, a bay leaf and a half teaspoonful of celery salt; stir until the gelatin is dissolved. Let this stand until nearly cold, and add the white of one egg beaten with a tablespoonful of cold water. Put the mixture over the fire, bring to a boil, boil rapidly two minutes and strain through two thicknesses of cheesecloth. If well made this will be as clear as wine. Turn it at once into a small pan or dish, and stand it aside to harden.

Use as a garnish for cold meat dishes, or it may be given in the place of beef tea where cold substitutes are ordered.

This can be made in a very few minutes, and quickly chilled on the ice.

CALVES' FOOT JELLY

4 calves' feet
6 quarts of cold water
Juice of four lemons
2 inches of stick cinnamon
1 pound of white sugar
Juice of two oranges
Whites and shells of two eggs

Clean the feet, wash and scrub them well in cold water. Put them in a soup kettle with cold water, and simmer

slowly for eight hours. It should be reduced to two quarts. When done, strain the liquid into an earthen bowl, and stand it away until next day. In the morning, remove all the fat from the surface, and the sediment from the bottom of the jelly. Put it in a kettle, and stand it over the fire; and the cinnamon, sugar, lemon and orange juice, the whites of the eggs slightly beaten, and the shells crushed. Mix all the ingredients well together, and boil it hard, without stirring, twenty minutes. Throw in a gill of cold water, let it come again to a boil; then stand it on the side of the range, and keep it closely covered for a half hour. Dip a flannel jelly bag into boiling water, and hang it where a bowl can be placed underneath. Now pour the jelly into the bag carefully, and let it drip slowly. On no account must you squeeze or touch the bag, as this clouds the jelly at once. Turn it into molds and stand in a cold place.

If you use wine, a half pint of sherry may be added before putting it into the molds.

CHICKEN JELLY

For this purchase a fowl; the white meat may be used as food for the family. Take all the dark meat and the rough pieces. Crack the bones with a cleaver, put them in a saucepan with one quart of cold water, bring to a boil and skim. Simmer gently for at least three hours, then add a half teaspoonful of celery salt, a bay leaf, one clove and a thin slice of onion if admissible; simmer thirty minutes longer and strain. Stand this aside until perfectly cold, then remove every particle of the fat. Turn the jelly into a saucepan, add the juice of half a lemon and the white of one egg beaten with a tablespoonful of water; mix all together and boil rapidly five minutes; strain through two thicknesses of cheesecloth and stand aside to harden.

Use cold in the place of chicken broth, or to mask or garnish cold chicken dishes, or serve on lettuce leaves, with French dressing.

CRANBERRY GELATIN

Wash a half pint of fresh cranberries in cold water, put them in a saucepan with a pint of cold water, bring to a boil, boil five minutes and press through a colander; add a cupful of sugar. Cover a tablespoonful of vegetable gelatin with two tablespoonfuls of cold water, let it soak ten minutes. Boil the cranberries, gelatin and sugar together for five minutes, strain through cheesecloth and turn into a mold to harden.

IRISH MOSS JELLY

Press into an ordinary measuring cup sufficient Irish moss to make a half cupful, soak, and wash it through several cold waters; make sure it is free from sand and grit. Put one quart of milk into a double boiler, add the moss, bring to boiling point, cover and cook a half hour. Strain, add a half cupful of sugar, take from the fire, cool and flavor with sherry, brandy, a grating of nutmeg, or if admissible, a little vanilla; turn at once into molds and stand aside to harden. This will make five molds.

For an individual recipe, take but two sprigs of moss and cook in a half pint of milk.

IRISH MOSS JELLY No. 2

Wash two full sprays of Irish moss through several cold waters; soak an hour in fresh water, then lift the moss, throw it into a half pint of boiling water, cover and simmer until the moss is dissolved; add four lumps of loaf sugar and a tabelspoonful of lemon juice, strain and turn into glasses or molds.

This is especially nice in cases of tuberculosis, tonsilitis, quinsy and whooping cough.

ISINGLASS JELLY

Put a half ounce of the best isinglass, a quarter of an ounce of pure powdered gum Arabic, a half ounce of rock candy, a quarter of a nutmeg, grated, and a pint of port wine into a quart fruit jar, cover, shake and stand aside over night. Next morning stand the jar into a kettle of cold water, bring the water to boiling point and simmer until the gum is dissolved; stir, strain and stand aside to cool.

Give a teaspoonful at a time, in cases of exhaustion. I have also found it useful in cases of tuberculosis.

QUICK GRAPE JELLY

Put two teaspoonfuls of prepared vegetable gelatin into a half pint of grape juice, add two tablespoonfuls of sugar, stir over the fire until the gelatin is dissolved, and turn at once into small molds or small stem glass dishes.

ORANGE AND WINE JELLY

A level teaspoonful of granulated gelatin soaked in two tablespoonfuls of cold water; add two tablespoonfuls of orange juice, one tablespoonful of port wine and a tablespoonful of sugar; stir over hot water until the gelatin is dissolved, fill at once into a small glass and stand it away to harden.

If admissible, this may be served with whipped cream, or with a soft custard made from a half cupful of milk and one egg.

COFFEE JELLY

One teaspoonful of granulated gelatin, one tablespoonful of cold water; let this soak five minutes, add four tablespoonfuls of strong black coffee, two teaspoonfuls of sugar and two tablespoonfuls of cream; mix thoroughly and turn into a small glass or mold and stand away to harden.

Serve plain, or with cream.

This may be used as a dessert for diabetics by omitting the sugar.

CREAM JELLY FOR DIABETICS

One teaspoonful of granulated gelatin soaked in a tablespoonful of cold water; add a half cupful of thick cream and a dash of salt; stir over the fire until the gelatin is dissolved and turn at once into molds.

Served plain or with cream or with a little black coffee.

PLAIN JELLY WITH FRUIT

Fill a tiny mold with either white grapes that have been peeled and seeded, or a few white currants stripped from the stem, or red currants, or raspberries, or skinned and stoned cherries. Make plain lemon or wine jelly, and pour it over the fruit in the mold; stand away to harden. This is pretty and palatable.

PORT WINE JELLY

Put half an ounce of isinglass into a saucepan, add a half cupful of cold water, soak thirty minutes, then stand over hot water and stir until the isinglass is dissolved; add two tablespoonfuls of granulated sugar, take from the fire and add one pint of the best port wine. Stir until every particle of the isinglass is dissolved, strain through cheesecloth and stand aside until cold.

SNOW PUDDING

For an individual serving, cover two teaspoonfuls of granulated gelatin with four tablespoonfuls of cold water and let it soak a half hour; add a cupful of boiling water, four tablespoonfuls of sugar and the juice of a lemon; stand aside until it begins to congeal but is not quite stiff. Drop in the unbeaten white of one egg, stand the basin in a pan of cold water and beat continuously until the mixture is as white as snow. Turn at once into a small mold and

stand away to harden. Put a half cupful of milk over the fire, add the yolk of the egg beaten with a tablespoonful of sugar, cook a minute, take from the fire, beat rapidly a few minutes with an egg-beater, and turn out to cool. Serve the pudding with a sauce poured around it.

SPANISH CREAM

A half tablespoonful of granulated gelatin soaked in a quarter of a cupful of cold water for a half hour; add a half cupful of milk and a tablespoonful of sugar, and stir the mixture over the fire until the gelatin is dissolved. Beat the yolk of an egg with a tablespoonful of sugar, stir this into the hot mixture, cook a minute, take from the fire and fold in the well-beaten white of the egg; pour at once into a small mold to harden. If properly made, this should be in layers, with the gelatin at the bottom. It may be flavored with a tablespoonful of wine, or if admissible a half teaspoonful of vanilla.

ORANGE SOUFFLÉ

Two level teaspoonfuls of granulated gelatin soaked in a tablespoonful of cold water for fifteen minutes; add four tablespoonfuls of hot water, stir until the gelatin is dissolved, add a half cupful of orange juice and a level tablespoonful of powdered sugar, stir until the sugar is dissolved and stand the mixture aside until it begins to congeal, then with an ordinary wire egg-beater beat in the well-beaten white of one egg, turn it into a small fancy mold and stand away to harden. This may be served plain, or with a little extra orange juice.

Strawberry, blackberry and raspberry juice may be used in the same way.

VEGETABLE GELATIN (GELOSE) JELLIES

I think the fact has been established that, where gelatin or mucilaginous foods are needed, vegetable gelatin is to be preferred. It is absolutely free from flavor in itself, therefore can be used simply dissolved in water; animal gelatin cannot be used in this way on account of the nauseous odor that is intensified by heat. All vegetable gelatins that have come under my notice have been very well made. They escape the dangers of animal products and the necessary bleaching and cleansing of animal gelatins which gives them a higher food value and removes all danger of uncleanliness. Like Irish moss and similar seaweed products, it is useful as a vehicle for other foods; it carries and holds wines and other liquors as stimulants if ordered by physicians. In all these recipes Kellogg's vegetable gelatin has been used.

It is a well-known fact that animal gelatin is an admirable vehicle for the growth of micro-organisms, which makes it necessary to carefully guard all gelatin dishes, especially meat jellies. Where acids are used there is very little danger of the jelly becoming contaminated. Vegetable gelatin answers the purpose of ordinary animal gelatin in all desserts, and when combined with fruit juices, or wines, or brandy if ordered, can be kept from one day to another without fear of contamination.

To Prepare Vegetable Gelatin or Gelose—A quarter of a box of gelose will make four half-pint cupfuls of jelly. Wash the gelose through several waters, soak it in warm water twenty minutes, wash and drain. Put it in a saucepan with one cupful, a half pint, of boiling water, boil slowly, stirring every now and then, until the gelose is thoroughly dissolved, about ten minutes; strain through a cheesecloth and stand aside until cold. It congeals very quickly and without ice. A quarter of this amount will make a half pint, two portions, of jelly.

ORANGE GELOSE I

Put one-quarter of the prepared gelose into a small saucepan with four tablespoonfuls of water and four tablespoonfuls of sugar, stir over hot water until thoroughly melted, add three-quarters of a cupful of orange juice and strain into glasses or molds.

Currant, raspberry, strawberry and blackberry juice may be substituted for orange. Mashed peaches and apple sauce may also be used.

ORANGE GELOSE II

Put one-quarter of the prepared gelatin into a saucepan, add four tablespoonfuls of sugar, four tablespoonfuls of hot water, and when the gelose is dissolved add two tablespoonfuls of lemon juice and two-thirds of a cupful of orange juice; turn at once into glasses or molds.

PINEAPPLE GELOSE

Pineapple contains an *enzyme* which digests protein; for this reason, pineapple jelly made with animal gelatin is not satisfactory; in fact, if the gelatin is not chilled before the pineapple is added, it will entirely digest the gelatin, which keeps it from solidifying. No matter how long it stands, it never will form a jelly.

A good pineapple jelly can be easily made from gelose, and without cooking the pineapple. Take the full amount of prepared gelose, put it in a saucepan with a cupful of warm water and a half cupful of sugar, stir until the gelose is dissolved, take it from the fire and when partly cool add one and a half cupfuls of grated pineapple. Turn at once into dainty molds to harden. This will keep for several days.

Use in cases of tonsilitis, quinsy and whooping cough.

FRUIT GELOSE

All fruit juices — strawberry, raspberry and currant mixed, blackberries, mashed ripe peaches, carefully stewed apples—may be used for fruit jellies. Always prepare the

gelose as directed, and remember that a quarter of a box will make four cupfuls of jelly. The quantity of sugar must be regulated by the acidity of the fruit. The liquid may be part water and part fruit juice, or all fruit juice.

GELOSE DRINK

Boil half the prepared gelose in one quart of water and add the juice of one lemon. This makes an exceedingly nice drink in fevers, and may be used as a mouth swab in place of Irish moss. Gelose drink is good in cases of whooping cough.

RESTORATIVE GELOSE

Quarter of a box of prepared gelose, a level tablespoonful of powdered white gum Arabic, two ounces of rock candy, all mixed well together; add two cupfuls of cold water and stand aside two or three hours. Then stir over hot water until the mixture is clear and the ingredients dissolved; take from the fire and cool. Add one and a half cupfuls of good sherry, cover the jar or saucepan and let this stand over night. In the morning reheat, strain and stand aside until cold. This may be put at once into small molds or into individual glass dishes.

A FEW DESSERTS

CEYLON PUDDING

Two Servings

Grate one cocoanut, pour over it one pint of boiling water, stir for two or three minutes, let it stand until cool and wring it through a cheesecloth or bag. Put the cocoanut "milk" thus made into a double boiler, add the beaten yolks of two eggs, cook just a minute until slightly thickened, take from the fire and turn into the serving dish. Beat the whites of the eggs to a stiff froth, heap them over the top of the pudding and stand it in the oven a minute to brown.

This may be given as a change to diabetic patients.

COCOANUT CUSTARD

Two Servings

Grate and wash a cocoanut as directed in preceding recipe. Put the cocoanut "milk" in a double boiler, add a teaspoonful of cornstarch moistened in a little cold water. Beat the yolks of two eggs with a tablespoonful of sugar, add them to the hot cocoanut "milk," stir until the thickness of soft custard, take from the fire and pour at once into the serving dish. Beat the whites of the eggs to a stiff froth, add two tablespoonfuls of powdered sugar and beat until fine and dry; heap them over the pudding, brown in the oven and stand aside to cool.

Nice for tuberculosis and the anæmic patients.

COCOANUT SOUFFLÉ

One Serving

Make the cocoanut milk as directed in Ceylon pudding, put half of it in a double boiler, add one tablespoonful of sugar and two teaspoonfuls of cornstarch moistened

in a little cold water; cook until thick, and pour while hot into the well-beaten white of one egg. Turn at once into a mold, and stand aside to harden. Serve with a soft custard made from the yolk of the egg.

FRENCH FLOATING ISLAND

Put a cupful of milk over the fire in a double boiler. Separate one egg, beat the white to a stiff froth, drop it by teaspoonfuls over the top of the hot milk, let it remain a minute, then lift with a skimmer and put them on a plate to cool. Add a level teaspoonful of cornstarch, moistened in a little cold milk, cook until the milk is slightly thickened, then add the yolk of the egg, beaten with a tablespoonful of sugar. When sufficiently thick to coat a knife blade, take from the fire, add a half teaspoonful of vanilla, and turn at once into the serving dish. Heap the whites over the top, and stand aside to cool.

To give variety, if admissible, cover the top of the whites of the eggs with three or four almonds that have been blanched, dried and chopped fine.

CARAMEL CUSTARD

Beat one egg without separating until well mixed, add two teaspoonfuls of sugar and a half cupful of milk; a little nutmeg may be added if admissible. Melt two tablespoonfuls of sugar in an iron pan; when it begins to burn and brown, add a tablespoonful of water, pour this in the bottom of a custard cup, pour the egg and milk on top, stand the cup in a small baking pan half filled with hot water, and bake in a moderate oven about twenty minutes, until they are "set" in the center. To ascertain whether or not they are done, run a spoon handle or silver knife into the center; if it comes out clean they are done; if milky, cook longer; if watery, they are overdone.

CARAMEL CUSTARD No. 2

Beat one egg with a teaspoonful of sugar for a minute, add a half cupful of milk and a teaspoonful of caramel; turn the mixture into a custard cup, stand in a pan of hot water and bake until "set" in the center. Serve warm in the cup, or turn it out on a saucer.

ORANGE SOUFFLÉ PUDDINGS

Two Servings

Put a half pint of milk in a double boiler over the fire. Moisten a level tablespoonful of flour and a level teaspoonful of cornstarch with four tablespoonfuls of cold milk, and when smooth add them gradually to the hot milk, stirring all the while; when thick take from the fire and add the yolks of two eggs, mix, and stir in carefully the well-beaten whites of the eggs. Brush individual baking dishes with a little butter, put in the mixture, stand them in a shallow pan half filled with boiling water, and bake in a quick oven fifteen minutes. While these are baking, mix a teaspoonful of sugar with a teaspoonful of flour, add a half cupful of boiling water and a half teaspoonful of grated yellow rind of orange; bring to boiling point, add a tablespoonful of orange juice and strain. Serve in a little pitcher on the tray, with the hot soufflé.

OMELET SOUFFLÉ

Beat the whites of two eggs to a stiff froth, add the beaten yolk of one egg, a teaspoonful of powdered sugar, a half teaspoonful of lemon juice, and heap at once in an individual baking dish or a tiny platter, dust thickly with powdered sugar, and bake in a quick oven three minutes.

Caution—The oven must be ready before you begin to make the soufflé. If the soufflé is stringy you have baked it too long. It must be smoking hot, but soft and light.

MARLBOROUGH CUSTARDS

Press one left-over baked apple through a sieve, add a teaspoonful of sugar, one egg, well beaten, and a half cupful of milk. Turn this into a baking or custard cup and bake in a moderate oven until "set" in the center. Serve warm or cold.

RICE PUDDING WITH MALT

Put two tablespoonfuls of rice into one quart of milk, add a teaspoonful of malt extract and a tablespoonful of sugar. Bake slowly one hour, stirring down the crust two or three times. When done it should be about the consistency of good cream.

PEACH CREAM

Pare one large, very ripe, mellow peach, press it through a colander, using a silver spoon, or put it quickly through an ordinary vegetable press. Add a tablespoonful of powdered sugar, and fold in quickly six tablespoonfuls of cream whipped to a stiff froth. Heap at once into a pretty stem glass dessert dish, dust with powdered sugar and serve.

BANANA CREAM

Pare one very ripe banana; the skin must be almost black, but the flesh must be sweet and good. Whip it quickly with an egg-beater, add a teaspoonful of powdered sugar and a tablespoonful of orange juice, and then fold in six tablespoonfuls of cream whipped to a stiff froth; dust with powdered sugar and serve at once.

PRUNE CREAM

(Recipe for this will be found under "Prunes.")

PINEAPPLE CREAM

Mash half of a baked apple through a colander, add two tablespoonfuls of grated fresh pineapple, a tablespoon-

ful of powdered sugar and six tablespoonfuls of cream whipped to a stiff froth; dish and serve at once.

PINEAPPLE ALBUMIN DESSERT

Grate sufficient ripe pineapple to make four tablespoonfuls; add a teaspoonful of sugar and stir in quickly the well-beaten whites of two eggs; heap this into an individual glass dessert dish, dust with powdered sugar and serve at once. This cannot stand even fifteen minutes; the pineapple will digest the albumin, which will make it bitter.

TAPIOCA JELLY

Wash through several cold waters a half cupful of granulated tapioca, cover it with one quart of cold water, soak over night in the refrigerator, or for two or three hours in a cold place. Turn it into a saucepan and add the juice of one lemon, a saltspoonful of salt, a pint of boiling water and a cupful of sugar; stir carefully over the fire until it reaches the boiling point, push it over a mild fire and cook fifteen minutes. Turn at once into molds and stand away to harden. Instead of adding the extra pint of water, wine may be added, but the cooking must be done before the wine is added.

This will be sufficient to last several days, and is a very easily digested form of starch. With cream this makes an admirable dessert for "bloodless" girls or in cases of anæmia, where both starch and fatty matter are called for.

PUDDING SAUCES

SAUCE SABAYON

Put a half pint of sherry in a double boiler, add a level teaspoonful of cornstarch moistened in a little cold milk, cook until the thickness of cream, add the yolk of one egg beaten with a tablespoonful of sugar, cook a minute, take from the fire and stand aside to cool. When cool, add the rasping of an orange.

SOFT CUSTARD SAUCE

Put one gill (a half cupful) of milk in a saucepan, stand it over hot water until it is scalding hot. Beat the yolk of one egg with two teaspoonfuls of sugar, add the hot milk, return to the saucepan, stir over hot water until it will "coat" or cover a knife blade; be careful not to curdle. Take from the fire, and when cool, flavor.

PLAIN PUDDING SAUCE

Beat the yolks of two eggs until creamy, add slowly a half pint of boiling water, cook over the fire a minute, pour while hot into the well-beaten whites of the eggs, add a tablespoonful of powdered sugar and a tablespoonful of sherry or brandy, or this sauce may be flavored with the juice and a little grated rind of orange or lemon.

COCOANUT SAUCE

Follow the preceding recipe, using cocoanut milk in place of plain water. Or use cocoanut milk in place of cows' milk in a soft custard sauce or Sabayon.

COCOANUT CREAM SAUCE

Stand cocoanut milk in a cold place over night. In the morning take off the cream, put it in a bowl and beat with an egg beater until it is light and frothy; heap it in a glass dish, and stand on the ice to harden. Use on gelatin, or fruit puddings in cases of diabetes or tuberculosis.

NUT CREAM SAUCES

Stir two rounding tablespoonfuls of nut butter into a half cupful of boiling water. Use plain, or slightly sweetened. For diabetic patients, however, it must be used without thickening or sugar. If it is too thick to pour, add boiling water. Almond paste or almond butter is preferable to other nut butters.

FRUIT JUICE SAUCE

Simply express the juice of any fresh fruit, and use it at once. These fruit juices are palatable over gelatin desserts in cases of diabetes or obesity; they may be thickened and used for pudding sauces for invalidism, children, or the aged.

ICE CREAM

Among the ordinary nurses' outfit is a small pint ice cream freezer; these are not expensive, and only require four or five tablespoonfuls of salt and a pound of ice to freeze a pint or less. If such freezers cannot be purchased, fit a tall quart kettle into a bowl or into a larger tin kettle, and stand it aside to use for freezing cream and sherbets for the sick. While this is an old-fashioned way, if the kettle is twisted back and forward and the mixture stirred down from the sides every few minutes, it takes but a short time to freeze a pint of cream.

In many cases a little frozen cream, unsweetened and unflavored, is acceptable and pleasing to the patient. In fever, frozen fruit juices or sherbets allay thirst.

Pack the freezer or kettle with fine salt and ice, in the proportions of two-thirds ice and one-third salt. For small freezers, use ordinary table salt if coarse salt is not at hand. Put the cream in the freezer, turn it slowly at first until the cream is icy cold, then freeze quickly.

A tablespoonful of coffee, or a suspicion of chocolate, or a tablespoonful of sherry, used as flavoring, are always preferable to vanilla.

ICE CREAMS AND SORBETS

Add a tablespoonful of sugar to a half cupful of good cream; when the sugar is dissolved put the mixture into the ice cream freezer and stir until it is frozen.

Coffee Ice Cream—Add a teaspoonful of sugar and a tablespoonful of black coffee to a half cupful of cream; freeze.

Lemon Sorbet—Take a rasping of the yellow rind from a lemon, put it, with two tablespoonfuls of sugar, into one cupful of boiling water, boil about two minutes, strain, and add the juice of a lemon. When the mixture is very cold, freeze it, turning constantly until it is frozen. The mixture should be light and white.

Orange Sorbet—Make the same as lemon sorbet, using a half cupful of water with the sugar and grated yellow rind of a quarter of the orange. Boil and strain, and when cold add a half pint of orange juice, and freeze.

Pineapple Sorbet—Boil the sugar and water together, strain, take from the fire, and when cool add a half cupful of grated fresh pineapple, and freeze.

Grape Sorbet—Add four tablespoonfuls of water to eight tablespoonfuls of grape juice, and freeze.

Mint Sorbet—Boil two tablespoonfuls of sugar with a half pint of water for two minutes, add the leaves from four stalks of mint, chopped fine and pounded to a pulp. Stand this aside and let it steep slowly twenty minutes, press through a fine sieve, and when cold freeze.

All fruit juices may be slightly sweetened and frozen. For fever cases freeze them without sugar—they are grateful and beneficial.

BEVERAGES AND WATER GRUELS

Under this heading I shall not place simply tea and coffee, but all demulcent, nutritive, diuretic and refrigerant drinks.

BARLEY WATER

Put two ounces of pearl barley into a porcelain-lined or granite saucepan, add a quart of boiling water, boil for five minutes, strain, throw the water away; add two quarts of boiling water to the barley, cover and simmer for two hours. Skim frequently, and when done strain through a fine sieve and it is ready for use.

The first water is simply to cleanse the barley, and should not be retained.

In cases where plain milk does not agree perfectly with the individual or child, barley water may be added to advantage in proportion one-third barley water to two-thirds milk.

As a liquid starchy food use its sweetened and flavored with lemon juice or wine.

RICE WATER

Make precisely the same as barley water, substituting two ounces of rice.

OATMEAL WATER

This is best made from Irish or other coarse oats. If you use rolled oats, measure carefully two level tablespoonfuls. Sprinkle it into a pint of boiling water without stopping the boiling; boil rapidly thirty minutes and strain through a fine sieve. Add a pinch of salt and stand aside to cool. Use the same as barley water.

TOAST WATER

Toast, to a dark brown, one slice of bread; put it in a bowl, poor over one quart of boiling water, cover and stand aside until cool. When cold strain and it is ready to

use. If admissible, a few drops of lemon juice may be added, but no sugar.

APPLE WATER

Select a perfect, tart apple, remove the core and roast the apple to a dark brown; put it in a pitcher, pour over a quart of boiling water, stand aside until perfectly cold. Strain and it is ready for use.

TAMARIND WATER

Pour one pint of boiling water over two ounces of tamarinds; when cool strain and use.

This is exceedingly grateful in fevers, and is slightly laxative.

LEMONADE I

Boil for two minutes two tablespoonfuls of sugar in a half pint of water, with a bit of the yellow rind of a lemon. Strain, and when cool add four tablespoonfuls of lemon juice. Stand this near the ice, where it will get perfectly cold.

LEMONADE II

Grate the yellow rind from three lemons; add this to one pound of loaf sugar; add a quart of water, bring to a boil, skim and boil five minutes; add to this the juice of six lemons; strain, put into a glass jar and keep it in a cool place to use as needed.

Fill a tumbler half full of this mixture, then fill, with either carbonated, Apollinaris water, or plain water. It makes an exceedingly nice, cooling drink.

EGG LEMONADE

Separate one egg, beat the white to a stiff froth, add the yolk and beat again. Pour into this slowly, a glass of well-made lemonade. Or, the egg may be dropped into a glass of lemonade and the whole shaken thoroughly together.

LEMON SQUASH

Put into a tumbler two tablespoonfuls of lemon water ice, and fill the tumbler from a siphon of soda water. In out of town places plain soda may be purchased in bottles. A siphon is always to be recommended, as after a bottle of soda is opened, the remaining quantity must be thrown away.

LIMEADE

Pare the lime carefully, cut it into halves, squeeze the juice into a tumbler. Stir two teaspoonfuls of powdered sugar in a glass of water, when the sugar is dissolved, add the lime juice. Add ice if necessary.

Add syrup to the lime juice and siphon the tumbler full of soda, and you will have Lime Squash.

IRISH MOSS WATER

Wash thoroughly a half ounce of Irish moss and soak it in a pint (eight ounces) of water for two hours. Boil ten minutes and strain. You should now have a thick, mucilaginous water. Boil two tablespoonfuls of sugar and a half pint of water together for two minutes; when cool add the Irish moss water and the juice of a good-sized lemon, and stand aside for use.

This is exceedingly grateful to persons with throats irritated from coughing. Omit sugar and use for whooping cough, quinsy and tonsilitis.

SLIPPERY ELM TEA

Use a half ounce of powdered slippery elm to a pint of water; soak for a half hour, bring to a boil, boil two minutes, and strain through a fine sieve or cheesecloth. Add the juice of a lemon and stand aside to cool.

In fever cases this makes a good swab mixture for the mouth.

OLD-FASHIONED FEVER DRINK

½ pint of red currants, fully ripe
½ pint of raspberries, fully ripe
1 quart of water

Mash the currants and raspberries together; strain them carefully through a jelly bag or two thicknesses of cheesecloth. Wash the residue in the given quantity of water, strain again and add it to the first juice. Stand in a cold place to keep. Ice may be added, or not, as directed.

GELATIN WATER

Pare the yellow rind from one lemon and put it in a good-sized pitcher; add the lemon sliced, one ounce of loaf sugar, one pint of boiling water, one tablespoonful (a quarter of an ounce) of granulated gelatin that has soaked in two ounces of cold water for a half hour; cover the pitcher and let it stand until the contents are cold. Strain through a fine sieve or cheesecloth. Use in fever cases.

ORANGE PEEL TEA

Pare the thin rind from one orange, put it in a pitcher, add two ounces of sugar and one quart of boiling water; cover and stand aside to cool. When cold, strain, add a tablespoonful of orange juice and it is ready for use.

LINSEED OR FLAXSEED TEA

Put one ounce of linseed, crushed, and two drams of licorice root into a jug, pour over a pint of water, cover and stand in a pan of hot water, at a temperature of 200° Fahr. for three hours. Strain through two thicknesses of cheesecloth and cool.

This is exceedingly good to allay irritation from coughing, or for persons with pulmonary troubles. The flavoring may be changed by adding at one time lemon and at another orange.

GUM ARABIC WATER

Soak a half ounce of white powdered gum Arabic in a quart of cold water for at least two hours, or over night. Add a bit of lemon peel, in the morning, stand the pitcher in a saucepan of hot water and stir until the gum is dissolved. Strain through two thicknesses of cheesecloth.

This is nice in febrile or inflammatory complaints.

BRAN WATER

Wash two ounces of bran through several cold waters, add two ounces of loaf sugar and one quart of cold water; bring to a boil, boil continuously five minutes, strain and use either hot or cold. Cream or milk may be added, if admissible.

To give this the flavor of cereal coffee, the bran may be toasted thoroughly, then added to the water and boiled; omit the washing.

CINNAMON TEA

Break a half ounce of stick cinnamon into small pieces, put them in an earthen or granite pitcher, add one pint of boiling water, cover and stand it on the back part of the stove for ten minutes. Strain and it is ready for use. An astringent drink in cases of diarrhœa.

LIME WATER

Put a piece of unslaked lime, about the size of an ordinary chicken's egg, into a large granite or porcelain-lined kettle; pour over two quarts of boiling water; stir until the water ceases to boil from the action of the lime; then let it stand until perfectly clear; drain off carefully, bottle and cork.

JELLY WATER

Put two tablespoonfuls of currant jelly into a half pint of boiling water, mash and work the jelly until it is dissolved, and strain it at once into a tumbler. Put near the

ice to cool, add a little finely-shaved ice and use in fever cases.

BLACK CURRANT JELLY WATER

Use the same quantity of black currant instead of red currant jelly. Beneficial in cases of chronic diarrhœa.

FRESH GRAPE DRINK

Wash two pounds of Concord grapes; pulp them, put the pulp in a granite saucepan, bring to boiling point, and press them through a sieve sufficiently fine to remove the seeds. Add this pulp to the skins, add one quart of water and simmer gently for a half hour. Strain, and stand aside to cool.

GRAPE SQUASH

Put two ounces of grape juice in a tumbler and fill the tumbler from a siphon of plain soda.

Orange juice, strawberry juice or currant juice may be substituted for grape juice, according to the condition and fancy of the patient.

IMPERIAL WATER

Dissolve a level teaspoonful of cream of tartar in a half pint of cold water. Add the grated yellow rind from a quarter of a lemon and four tablespoonfuls of sugar to a half pint of boiling water, boil three minutes; and when cool strain into the cream of tartar water, and stand aside to use as a diuretic drink. To serve, fill a tumbler half full of this mixture, and fill it with plain water.

EVANS'S TEA GRUEL

Put one tablespoonful of gunpowder tea in a china or earthen pitcher, pour over one pint of freshly-boiled soft water. Cover the pitcher for ten minutes. Boil six lumps of cut loaf sugar with eight tablespoonfuls of water, strain the tea into this, add a grated nutmeg and stand aside to cool.

This is valuable in cases of summer complaint for children, also in cases of diarrhœa.

A tablespoonful three or four times a day is considered a dose.

WELSH NECTAR

Put one pound of seeded raisins, three lemons cut into slices, and two pounds of granulated sugar into two gallons of boiling water; cover and stand aside one week, stirring every day. Strain through a jelly bag, bottle, cork and stand in the cold. This will keep in a cold place for a month.

WILD CHERRY CORDIAL

Pick ripe wild cherries from the stems, put one quart in a two-quart jar, cover with the best Bourbon whisky, screw on the top and stand the jar away; shake two or three times a week for four weeks. Drain off the whisky, pressing the cherries. Boil two cupfuls of sugar with one cupful of water for five minutes, when cold add it to the whiskey, bottle, cork and seal. Use in chronic diarrhœa and dysentery.

TEA

Tea is an aromatic beverage quite popular among the English, Scotch and Irish. It contains an alkaloid, *thein*, which is almost identical to *caffein*. While there is a similarity in the effects of tea and coffee, there is also a decided difference, due, no doubt, to the essential oils and the greater amount of tannin in tea. The aroma of tea, like that of coffee, is due to a volatile oil, which is driven off and dissipated if the tea is boiled. Boiling spoils tea more, if possible, than it does coffee; it not only drives off the aroma, but it dissolves and draws out a greater amount of tannin. Green teas contain more *thein* and volatile oils, and less tannin than black teas. Young Hyson is perhaps the best of the Chinese green teas, and Pekoe the best of the black. Good black teas from Ceylon and India are sold in the American markets from fifty cents to a dollar and

a quarter a pound. Fancy scented teas, like orange Pekoe, are expensive, not because they are better than ordinary teas, but because they are flavored. Tea, like coffee, must be selected, and must never be purchased from an open box. No matter what variety you use—Ceylon, Gunpowder, Young Hyson, Imperial or English Breakfast Tea, see that it comes to you in a package unopened.

To Make the Infusion—Rinse the teakettle, fill it with clean cold water, bring it quickly to a boil. Scald the pot, which should be made of china or granite, turn out the hot water, put in a teaspoonful of tea to each half pint of tea needed, pour over the freshly-boiled water, cover the pot, put over a cozy or napkin, let it stand, away from the fire, five minutes, stir, and it is ready for use.

Like coffee, tea must be poured at once from the grounds. Any form of teapot that will lift the grounds from the water after the tea is steeped is to be recommended. The S. Y. P. teapot is easily used and cleaned. In the upper part of the pot there is a compartment with a perforated bottom; the tea is put into this, the teapot is tipped on the side and filled with water; as soon as the tea is steeped the pot is adjusted, which lifts the grounds from the water. The small, cheap Chinese teapots, with percolator, are preferable to the old-fashioned pots. A Chinese tea basket is attractive and sightly, and makes good tea, providing you lift the grounds from the water. A Japanese or English tea cozy should be used to keep the tea warm while it is steeping and after you pour the first cup.

ICED TEA

Iced tea is not to be recommended for the sick—at least I cannot think of any disease in which it would be especially advantageous. If, however, it is ordered, make the tea according to the preceding recipe, using double quantity of tea. Fill a glass two-thirds full of finely-cracked ice, put in a teaspoonful of powdered sugar, pour over the hot tea; stir, and serve with it a quarter of a lemon.

COFFEE

Coffee removes the sensation of fatigue more quickly than any other stimulant. It allays hunger and strengthens the heart action to a marked degree; for this reason it must be used in moderation.

The aroma of coffee is due to *caffeol,* an oil liberated or created in the roasting. The stimulating effect is due to the *caffein.* Taken at night, even in a small quantity, it frequently produces insomnia. Persons in health may drink coffee in moderation, to their advantage, providing they do not take it with meals or with solid foods. Black coffee taken at the end of the meal is better than coffee with sugar and cream. To get the full effect of coffee, to have it do its work properly, one should take it alone, early in the morning, forty minutes before the regular breakfast. In tropical countries coffee is brought to one's bedside at five o'clock in the morning; the general first meal of the day is not served until six-thirty, and coffee is not repeated at this meal.

Coffee is injurious when it is boiled for a long time and taken with sugar and cream; it always produces flatulency, and later on intestinal troubles. If taken at all, it must be freshly made, and taken with scalded, not boiled, milk, and sipped slowly. I observe throughout the country that most of the dyspeptics are found among people who take a mouthful of bread and butter and then a swallow of coffee, or who dip their bread in coffee to soften it. A diet of this kind is a sure road to destruction.

It makes very little difference how much you pay for coffee if the infusion is carelessly made. Do not buy coffee shoveled from an open bin, in which it has been kept, uncovered, for a week or two after roasting. It has not only lost its flavor, but is possibly covered with dust, and under no circumstances will make a good infusion.

THE PERFECT CUP OF COFFEE

To make a perfect cup of coffee three things are necessary:

1. Clean water, freshly boiled, in a clean teakettle. If the water is soft it must be taken at the first boil; if hard, boil ten minutes.

2. A good percolating pot, one that will hold the ground coffee above the water.

3. A good quality of coffee, carefully selected and cleaned, dry roasted and finely ground. Pulverized coffee is economical and good if the cook and housewife know how to use it, but unless percolated through a muslin bag or a hair percolator, the coffee is bitter and muddy.

The coffee pot must be washed and scalded every day, rinsed thoroughly and dried.

For breakfast coffee use scalded, not boiled milk. Do not use cream. I am speaking now from the standpoint of health. Hot coffee poured into cream makes a mixture that nine out of ten times produces "sour stomach" and flatulency.

Allow one tablespoonful of ground coffee to each half pint of boiling water. To begin; rinse the teakettle thoroughly, fill it with cold water, stand it over a quick fire and bring to boiling point. Scald the pot, let it stand a minute, empty out the water, put in the desired quantity of coffee and pour through slowly the given quantity of boiling water. If you are making coffee for one person, use a small pot, otherwise the grounds will be distributed in too thin a layer over the percolator. Do not allow the infusion to stand even five minutes after it is made; use at once, or it loses its flavor and becomes bitter. In percolated coffee one gets the aroma in the infusion; if coffee is boiled, the aroma is driven off and the decoction is usually bitter.

If you use an alcohol pot with a glass top, scald the under part of the pot, fill it with fresh boiling water and adjust the glass top, put in the given quantity of coffee, cover, light the lamp and allow the water to pass through

the coffee for at least five minutes. Turn down the lamp to keep the coffee hot until served. The grounds are so far above the coffee that they need not be removed. If coffee is made in the kitchen, percolated in a bag or in a "second story" pot, it should be lifted from the pot as soon as percolated. A few drops coming from the stale grounds will spoil the flavor of the whole potful.

A funnel-shaped haircloth bag that can be purchased at any house-furnishing store, hung in a china pitcher or pot, makes a good percolator. Both pot and bag must be scalded before the ground coffee is put in.

BOILED COFFEE

If a percolator is not at hand, and you must make boiled coffee, see that the utensil in which you are to make it is perfectly clean. Rinse the teakettle, start with water freshly boiling, scald the pot, empty out the water, put in the coffee, allowing a heaping tablespoonful to each half pint of water; add a very little white of egg and sufficient cold water to moisten the coffee; pour over the boiling water, stand the pot over a quick fire, watch it carefully until it reaches boiling point, lift it from the fire, put it down and let it boil again; lift it again, bring to a boil the third time; throw in a tablespoonful of cold water, if making a single cup, and let it stand a moment until the grounds have thoroughly settled. Heat a tiny pitcher or pot with hot water, empty it out, drain the coffee into the pitcher and cover. Have ready the same amount of scalding, not boiled milk; put them on the tray and carry at once to the patient.

DISHES FLAVORED WITH COFFEE

If it becomes necessary to continue the use of coffee, it may be administered in many ways besides the regular infusion. Two tablespoonfuls of black coffee may be stirred into well-beaten egg, or a little whipped cream.

COFFEE JELLY

Cover a teaspoonful of granulated gelatin with two tablespoonfuls of water, let it soak ten minutes, add a half cupful of boiling coffee, stir in a tablespoonful of sugar and turn at once into an individual mold. Serve with plain or whipped cream.

COFFEE VELVET CREAM

Make coffee jelly, according to the preceding recipe, and when cold and slightly thick stir into it four tablespoonfuls of cream whipped to a stiff froth.

COFFEE MOUSSE

Beat the yolk of one egg with two tablespoonfuls of sugar until light; stir into it a half cupful of boiling coffee, stir over the fire just a minute, take from the fire, and when cold fold in carefully six tablespoonfuls of cream whipped to a stiff froth. Put this into a tiny kettle or mold and stand it in a pan of cracked ice and salt, for two hours. See that the mold has a tight cover, to prevent the entrance of the salt water.

FROZEN COFFEE

Sweeten a cup of coffee, and turn it into a small individual freezer; pack with salt and ice, and stir slowly until frozen like wet snow. Serve in a glass. This is also called café frappé.

COFFEE SHERBET

This is made precisely like frappé; except stir rapidly until the mixture is frozen.

COFFEE ICE CREAM

Dissolve a tablespoonful of sugar in a half cupful of strong black coffee; when perfectly cold add an equal quantity of thick cream. Freeze, stirring slowly all the while.

ICED COFFEE

Fill the serving tumbler half full of clean cracked ice, pour over half a cupful of boiling coffee; this coffee must be made fresh, the same as tea; it must not be a second boiling, and must not stand until it is cold; it must be quickly chilled. Season with cream and sugar, if admissible.

CHOCOLATE (*Theobromin*)

While chocolate contains an alkaloid, *theobromin*, which is almost identical with *caffein*, it differs very much from coffee in its other constituents. The aroma of tea and coffee are driven off by boiling, while the aroma and food value of chocolate is enhanced by boiling. Chocolate is made from the beans or seeds of the cacao tree. These seeds grow in a large fleshy pod, from a "cushion" on the trunk of the tree. The fruit is imbedded in a white pulp, rather sour and pleasant to the taste. After the seeds or beans are taken from the shells they are thrown in a bin, covered and allowed to ferment, then they are dried in the sun, and polished by "dancing." In some places a sort of red clay is put over the bean after the first drying and before the dancing, which gives it a red polished surface. These seeds or beans must be roasted to develop the aroma and essential oils. After they are roasted, the shells are removed, the "beans" are ground and the fat extracted. The residue is made into the various preparations known as chocolate, cocoa, and theobroma.

Cocoa is the dry residue after the cacao butter has been pressed out. The cacao butter amounts to forty or fifty per cent. of the weight of the beans; there is also about fifteen per cent. of starch, considerable mineral matter and albuminous substances. One can see that cocoa is a nutritious food, rather than a beverage, and cannot be substituted for tea or coffee.

Chocolate is manufactured from the ground and fat-free cacao bean, with sugar, flavoring, and sometimes other substances added.

The following table, which was adapted from König, will show the reader the difference between the cacao beans and chocolate, and while in this table there seems to be no starch in the chocolate, it certainly is wise to boil it.

	Cacao Beans	Chocolate
Water	3.25	1.53
Nitrogenous Substances	14.76	5.06
Fat	49.00	15.25
Starch	13.31	—
Sugar	—	63.81
Other Non-nitrogenous Matters	12.25	11.03
Woody Fibre	3.68	1.15
Ash	3.65	2.15

TO MAKE CHOCOLATE

Grate sufficient chocolate to make a tablespoonful, put it in a saucepan with a half pint of boiling water, stir it until it reaches boiling point, boil two minutes, add a teaspoonful of granulated sugar, stir until the sugar is dissolved, add one cupful of milk, stir until the milk is scalding hot, take from the fire, turn into the chocolate pot and serve it with whipped cream.

TO MAKE CHOCOLATE SYRUP

If chocolate is to be used as a daily beverage, it is wise to make syrup and put it aside in a cold place.

Grate a half pound of chocolate, put it in a saucepan with one quart of boiling water, stir until it reaches boiling point, boil ten minutes, add one cupful of granulated sugar, stir and boil five minutes longer, take from the fire, add a teaspoonful of vanilla, and when cold put it into a jar, cover and keep in a cold place.

When wanted for use, heat a cupful of milk, add one or two tablespoonfuls of chocolate syrup, beat rapidly, put a little whipped cream on top and serve.

MEXICAN CHOCOLATE

After the syrup and milk are well mixed, add a quarter of a teaspoonful of vanilla, a drop of extract of cinnamon and one of allspice. Whip it over the fire for three minutes and serve without whipped cream.

COCOA

Put one cupful of milk in a double boiler over the fire. Moisten one level tablespoonful of cocoa in a little cold milk, add the scalding milk, return to the double boiler, stir until the cocoa is thoroughly moistened, cover the boiler and cook about two minutes. Sweeten and serve with whipped cream.

Broma and Alkathrepta are made precisely the same as cocoa.

ICED COCOA

Put one teaspoonful of cocoa into a saucepan, add gradually two ounces of cold water, bring to a boil, boil a minute, add four ounces of milk, take from the fire and stand near the ice until it is perfectly cold. Sweeten and turn into the serving glass, and if admissible add a little shaved ice and a tablespoonful of whipped cream.

Chocolate may be substituted for cocoa.

COCOA FROM THE NIBS

Boil two hours a half cupful of the broken cocoa in a farina boiler, with two quarts of water. To serve, add an equal quantity of hot milk. The first mixture will keep for two days.

RACAHOUT POWDER

1 pound of rice flour
1 pound of confectioners' XXX sugar
1 ounce of powdered salep
1 pound of cocoa
2 ounces of arrowroot
2 ounces of sugar of milk
1 vanilla bean

Mix and thoroughly rub together, put into glass jars and fasten.

TO MAKE RACAHOUT

½ pint of milk
1 teaspoonful of sugar
1 level tablespoonful of racahout powder

Put the milk over the fire in a double boiler, moisten the racahout powder in a little cold milk, add it to the hot milk, stir until it thickens, add the sugar, and serve with a tablespoonful of whipped cream on the top.

RACAHOUT BLANCMANGE

Three Servings

Put one pint of milk in a double boiler, moisten two tablespoonfuls of racahout and one of rice flour in a little cold milk, add it to the hot milk, stir until it thickens, add a half cupful of sugar, and turn into small molds to harden. Serve with plain cream.

MATÉ

This is frequently called Paraguay tea, and is made from the dried leaves and small twigs of the *ilex Paraguayensis,* a tree closely allied to our ordinary holly tree. Maté contains a large amount of *thein,* and is valuable in exhaustion. It must be percolated the same as coffee. The better method is to make a funnel-shaped bag, put a wire or rod around the top, fit it to a china pitcher; scald the pitcher and bag, put a teaspoonful of maté in the bag, pour through a half pint of boiling water, lift the bag, and the infusion is ready for use. Serve plain or with sugar.

According to Pavy maté contains an astringent principle analogous to tannin, a volatile oil, and *thein* amounting to 1.20 per cent.

Maté is by far a greater nerve stimulant than Chinese tea, and should not be used to excess.

The writer has used it in cases of alcoholism with good results. Cold or hot, it allays the craving for alcohol.

PART III

PHYSICIANS' READY REFERENCE LIST

This department is arranged to facilitate the work of the physician, and conserve his time. A full list of correct foods is given for each case, at the same time emphasis is laid on what to avoid

ASTHMA

MAY EAT

Clear meat soups
Lean beef
Mutton
Poultry
Venison
Sweetbreads
Tripe
Broiled white-fleshed fish
A little lettuce
Tender celery
Grape fruit
Plums
Strawberries
Currant juice and raspberries
Blackberries
A little apple butter
An occasional baked potato, at noon
Eggs
Rice pudding, unsweetened
Vegetable gelatins (Gelose)
Stewed cucumbers
Squash
Cress
Jerusalem artichokes
Globe artichokes
Spinach
Almonds
Brazilian nuts
Prunes
An occasional baked apple
Oranges
Shredded wheat
Whole wheat bread, twice baked
Gluten bread
Gluten biscuit
Coffee, early in the morning
A cup of weak tea in the middle of the afternoon
Milk and milk preparations
Buttermilk
Bonnyclabber
Koumys
Orange marmalade
Guava jelly

AVOID

Fats
Fried foods
Sweets
Pies
Cakes
Puddings
Starchy desserts
Mashed potatoes
Gravies
Highly-seasoned soups
Sea foods except white-fleshed fish
Cheese
Cabbage
All cereals
Breads, except twice baked
Underground vegetables, as turnips, asparagus, carrots, salsify
Pork
Veal
Warmed-over meats
Acids, as pickles

TUBERCULOSIS
(PULMONARY CONSUMPTION)

MAY EAT

Raw eggs in milk
Raw eggs alone
Egg flip; eggnog
Beaten white of egg on orange juice, or grape juice, or fresh apple juice
Hard-boiled yolks of eggs on cream toast
Hard-boiled yolks of eggs grated over creamed chicken
Egyptian eggs
Beauregard eggs
Plain whole milk
Milk and barley water
Milk and rice water
Gum and milk gruel
Posset
Junket with cream
Plain junket
Egg junket
Koumys
Leban
Matzoon
Zoolak
Olive oil
Cocoa; chocolate
Alkathrepta
Racahout
Purée of dried peas, beans and lentils
Meiggs' Food
Eskay's Food
Whole wheat bread
Graham bread
Toasted pilot bread
Crisp rolls
Baked potato
Broiled or panned steak
Hamburg steaks
Smothered meat
Broiled chops
Roasted lamb or mutton
Roasted beef
Sweetbreads
Tripe
Broiled chicken
Creamed chicken
Chicken timbale
Golden chicken
Ceylon chicken
Boiled rice
Carefully-cooked hominy
Fresh peas, pressed through a sieve
Lima beans with cocoanut sauce
Lettuce hearts with cocoanut cream
Carefully-cooked spinach
A few ground, oily nuts (not with meals)

AVOID

All bulk foods
Coarse vegetables
Pork; veal
Ducks
Goose
All acid foods
Sorrel
Rhubarb
Lemons
Limes
Pickles
Pears
Bananas, unless well cooked
Strong tea
Pastry
Sweets in general
All fried foods
Hot breads; white bread

PNEUMONIA

During the Severity of the Disease Give

Skimmed milk
Skimmed milk shaken with white of egg
Plain milk containing not over 3% fat
Beef juice
Nutritive beef tea
Almond milk, strained
Milk and barley water
Milk and rice water

During Convalescence, Add

Milk foods such as
Zoolak
Koumys
Matzoon
Sour buttermilk
Eggs, raw, with milk
Egg, coddled
Beef panada
Bouillon
Veal broth, strained
Scraped beef cake
A little milk toast
Zweiback

TONSILITIS

MAY EAT, in the Acute Stages

Eggnog
Egg flip
Junket
Egg junket
Modified junket
Koumys
Matzoon
Kefir
Kefir with white of egg
Meiggs' gruel
Posset
Fruit juices
Slightly frozen sweetened cream
Egg soup
Chocolate
Cocoa
A little black coffee
Coffee ice cream
Lemon and orange vegetable gelatin.
Almond milk and isinglass
Rum and isinglass

When Convalescence Begins, Add

Laibose
Beef panada
Bouillon
Consommé
Soup à la Reine
Beef juice
Zoolak
Buttermilk
Milk soups

Later

Scraped beef cake
Raw egg and sherry
Ground mutton cake with almond meal
Gluten mush
Aleuronat mush, with cream
Egg and milk preparations, as custards
Boiled rice
Baked potato
Mashed potato

AVOID, in Acute Stages

All solid foods

AVOID when Convalescence Begins

Bread stuffs
Coarse vegetable foods
Coarse cereals
All sweets
Pickles and sour foods
Fruits stewed with sugar
All raw vegetables and salads
Pork
Veal
Pink-fleshed fish
Rich sauces and soups

QUINZY

Diet the same as in Tonsilitis.

SENILE HEART

MAY EAT

Very tender lamb
Chopped beef cake, broiled
Young chicken, broiled or boiled
White-fleshed fish, broiled or boiled
Oysters when in full season
Whole wheat bread, twice baked
Eggs, raw and lightly cooked
Very ripe grapes
Custards in place of meat
Fruit juices
Milk and milk preparations
Cream soups, with toasted bread, as a meal
Almond meal soup
A little well-cooked spinach
Asparagus tips
An occasional baked potato
Boiled rice
Almond milk
Raw tomato, with olive oil, if allowable

AVOID

All stimulating foods
Salads
All raw vegetables
Coarse vegetables, as cabbage, onions, string beans, old beans and turnips
Pears
Plums
Cherries
Fruits cooked with sugar
Tea, coffee and chocolate with meals
Mashed and fried potatoes
Green corn
Melons
Cantaloupes
Hot breads
Very hot and iced foods
All fried foods
Rich soups and sauces
Cake
Pastries
Preserves
Hot puddings
Effervescing drinks

ANGINA PECTORIS

MAY EAT

Eggs
Milk and milk foods
Leban
Koumys
Buttermilk
Well-cooked cereals, with cream
White bread, stale or dry
Fresh fruits, and fruit juices, alone
Cream soups
Predigested milk and oysters, if necessary
Tender green vegetables, as spinach, cooked cress, asparagus tips, tender cauliflower, summer squash
Oysters, lightly cooked, either soup, stewed or broiled
A little white-fleshed fish, broiled
Stewed prunes
Baked apples
Scraped mutton cake, broiled
A little broiled young chicken
Rice
An occasional baked potato

AVOID

Hot breads
Fresh breads
Cakes
Buns
Pies
Sweets of all kinds
Pickles
Meat salads
Pork
Veal
All fried foods
All sea foods except oysters and white-fleshed fish
Rabbit
Rare steak
Rare roasted beef
Turkey
Duck
Goose
All coarse vegetables
Cereals with sugar
Starchy vegetables with the exception of rice

ANEURISM

MAY EAT

BREAKFAST

Glass of milk, one-third barley water, sipped slowly
Two ounces of blocks of stale bread, with four ounces of milk
Four ounces of any of the milk gruels
Two ounces of fruit juice over a small saucer of dextrinized cereals, flakes of some sort
The top of a shredded wheat biscuit, toasted, with milk
The top of a shredded wheat biscuit, toasted, with two ounces of grape juice
The beaten white of egg on orange juice, and a wafer
The yolk of an egg, beaten with four ounces of milk
The white of an egg, thoroughly shaken with six ounces of milk

DINNER

Two ounces of scraped meat, broiled
Two ounces of zwieback, pulled bread or stale bread
Two chops (a quarter of a pound), with stale bread
Two ounces of mutton cake, with stale bread or cracker
Three ounces of chicken timbale, with stale bread or cracker
Four ounces of broiled sweetbread, with stale bread or pulled bread
Four ounces of purée of lentils, or beans, or peas, with one ounce of toast

SUPPER

Three slices of milk toast (two ounces of bread and six ounces of milk)
Six ounces of gelose milk
Two ounces of toast, four ounces of hot milk poured over, covered with grated hard-boiled yolk of egg
Six ounces of beef meal gruel, with two ounces of toast

APOPLEXY

MAY EAT (When Sufficiently Recovered)

Cream soups
Milk and milk preparations
"Ye perfect food"
Cornmeal mush
Chicken noodle soup
Eggs in all forms, except hard boiled and fried
White meat of chicken
Boiled white fish
Baked potato
Boiled rice
Summer squash
Topground green vegetables, lightly cooked
Desserts made from vegetable gelatin
Fresh fruits, without skin
Fruits stewed without sugar, as prunes and figs
Dry hard bread
Gluten gems
Swedish bread
Unleavened bread
Cocoanut sticks
Soups maigre
Custards
Occasionally tender lettuce, Romaine, tender celery, with French dressing
Fresh fruits, except rhubarb
Cooked bananas
Light milk puddings
Milk and cream toast
Mock charlotte
Sago snow
A few coffee-flavored desserts
Cream of Wheat, farina, well cooked
Toasted shredded wheat, with hot milk and cream
Rice pudding
Rice à la Imperatrice
Rice dumpling
Rice cream
Rice pudding, with malt
Fruit toasts—elderberry, blackberry and raspberry
Apples, simply cooked

AVOID

Meats
Pink-fleshed fish
Oysters
Crabs
Clams
Lobsters
Shrimps
Scallops
All made-over dishes
Fried foods
Rich soups and sauces
Boiled and mashed potatoes
Fried potatoes
Hot breads
All sweets
Pies; puddings
Cakes
Preserves
Stewed fruits with sugar
Ice creams and ices at the end of a meal
Pickles
Condiments of all kinds
Rhubarb
Raw apples, unless scraped
Concentrated beef soups, like beef tea
The internal organs of animals, as sweetbreads, tripe and liver
All coarse vegetables
White bread made with sugar and lard

PERNICIOUS ANÆMIA

MAY EAT

Predigested milk
Predigested sweetbreads
Modified milk
Meiggs' food
Albuminized milk
Egg flip
Raw egg, with sherry
Raw egg, with cream
Milk, with cream added
Whey and cream
Beef marrow, raw and cooked
Homemade pemmican
Ground almonds in milk
Asses' milk
Tigers' milk
Orgeat
Brazilian nut butter
Cocoanut cream
Cocoanut milk and egg
Albuminized cocoanut milk
Broiled scraped beef
Roasted and broiled beef
Broiled chops
Purée of dried peas
Purée of lentils
Wheat germ food, with cream
Beef meal
Beef panada
Soup à la Reine
Milk soups, with whole wheat bread
Chocolate
Cocoa
Revalenta Arabica
Arrowroot
Rice flour
Potato flour cooked in milk
Boiled rice
Laibose
Maltose
Somatose
Roborat

ANÆMIA (CHLOROSIS)

MAY EAT

Eggs
Milk
Milk and cream
Leban
Koumys
Matzoon
Buttermilk
Junket with cream
Broiled and roasted beef
Mutton
Chicken
Sweetbreads
Stewed tripe
Baked potato
Boiled rice
Macaroni
Spaghetti
Fruits
Fruit juices
Whole wheat bread
Rye bread
Graham bread
Corn bread
Brown bread
Tender topground vegetables
Peas

MAY EAT—Continued

Very young beets and turnips
Asparagus tips
Cauliflower
Butter
Olive oil
Cream
Cocoanut cream
Cup custards
Soft custards
Chestnuts with cream
Wheatlet
Wheatena
Oatmeal, occasionally
Milk soups
Purée of lentils
Portuguese soup
Beef gruel
"Ye perfect food"
Eggs, poached or coddled
Eggnog
Golden toast
Beauregard eggs
Cocoa
Racahout
Rice desserts
Milk desserts
Light green salads, with French dressing
Prunes, figs and dates, without sugar

AVOID

Pork
Veal
Salt meats
Salt fish
Pink-fleshed and oily fish
Lobsters
Crabs
Shrimps
Clams
Oysters
Goose
All made-over dishes
Warmed-over meats
Rich made dishes
Hot breads
Fresh white bread
Skimmed milk
Strong tea
Coffee, except in the morning
All coarse vegetables, as boiled cabbage, turnips, parsnips
Mashed potatoes
Fried foods
Sweets, as pies, cakes, puddings and candies
Iced foods
Iced water
Rhubarb
Lemons
Limes
Pickles of all kinds
Highly-spiced dishes

PURPURA HÆMORRHAGICA

MAY EAT

Fresh grape juice, freely
Milk and barley water
Almond milk
Gelatin water and lemon
Limeade
Orange juice and white of egg
Dry albumin in milk

GASTRIC DISTURBANCES

TOO LITTLE HYDROCHLORIC ACID

MAY EAT

Peptonized milk
Peptonized oysters
White of egg and whey
Skimmed milk gruels
Well-cooked Cream of Wheat and farina, with skimmed milk
Baked potato with salt, no butter
Scraped beef cake, broiled
Scraped mutton cake, mixed with eight blanched, grated almonds; broiled
Cocoanut milk custards
Lightly-cooked eggs
Boiled mutton
Boiled chicken
Rice pudding made from skimmed milk
Skimmed milk koumys
Stale bread, without butter
Daintily-cooked topground vegetables; skimmed milk sauce
Tender hearts of lettuce, with lemon juice
Albumin in skimmed milk
Albumin whey
Beef panada, made with water
An occasional clear beef soup
Chestnut purée, made from skimmed milk
Boiled rice
Carefully-baked banana, without sugar or butter
Bananas stewed in water, very slightly sweetened
Fruit juices
Fresh ripe soft fruits, without skin or seeds

AVOID

All fatty foods, as cream, butter, olive oil, cocoanut creams
Highly-seasoned dishes
Iced dishes
Iced water
Strong tea and coffee
Chocolate
Pork
Veal
Duck
Goose
Turkey
Fried foods
Sweets
Puddings
Pies
Cakes
Coarse underground vegetables
Hot breads, as muffins, gems, etc.
Rich cream soups
All sea foods, with the exception of white-fleshed fish, and oysters, broiled
All spiritous liquors, unless ordered by a physician

WITH EXCESS OF HYDROCHLORIC ACID

MAY EAT

Whole milk
Milk soups
Cereals with cream
Whipped cream desserts
Nut dishes
Nut milk
Whole wheat and white bread one day old, well buttered
Eggs, lightly cooked, not fried
Koumys
Matzoon
Buttermilk
Leban
Dainty green vegetable salads, with French dressing
Baked potatoes, mashed with cream
Boiled rice
Gluten bread, well buttered
Broiled meats, in a small quantity
Purée of lentils
Purées of fresh green vegetables
Broiled bacon
Beef meal
Cocoa
Chocolate made from milk, with whipped cream

AVOID

Excessive meat diet
Pickles
Spiced foods
All sweets
Soft breads
Hot breads
Fruits stewed with sugar
Fried foods
Fish
Crustacea
Mollusks
Tea and coffee
Milk and meat at the same meal
Eggs and meat at the same meal
Sauces and rich soups
Coarse underground vegetables
Pork
Veal
Duck
Goose and turkey, except a little white meat
Ice creams and ices
All spiritous liquors, unless ordered by a physician
Malt liquors
Iced drinks
Nibbling between meals

DILATATION OF THE STOMACH

MAY EAT

Broiled, boiled and baked lean meats
Baked potatoes
Boiled rice
Macaroni
Spaghetti
Hominy grits
Spinach
Cauliflower
Tender lettuce
Cooked cress
Stewed summer squash
Stewed cucumbers
Carefully-cooked fruits
Fruit tapiocas
Dried fruits, stewed without sugar
Milk puddings
Fruit vegetable gelatins
Well-cooked cereals
Whole wheat bread
White bread
Carefully-made corn bread
Pilot bread
Potato sticks
Cocoanut fingers
Eggs, lightly cooked
Broiled white fish
Oysters, lightly cooked
Custards, baked and boiled

AVOID

All concentrated foods
All fried foods
Coarse vegetables, as boiled cabbage
Pork
Veal
Sea foods, except white fish and oysters
Pies
Cakes
Preserves
Candies
Highly-seasoned sauces and soups
Gravies of all kinds
Pickles
Alcoholic and malt liquors, unless ordered
Overdone meats
Hot breads, except corn bread and well-baked waffles
Tea, coffee, chocolate and milk, with meals

DYSPEPSIA WITH FLATULENCY

MAY EAT

Hard dry bread
Broiled steak
Broiled chops
Boiled beef
Eggs
Milk and milk preparations
Orange, apple and grape juice
Beef tea
Mutton broth
Chicken broth
Blanched and dried almonds
Sliced tomato
Tender heart of lettuce, with lemon juice
Baked potato, occasionally
Whole wheat bread

AVOID

Tea and coffee, with sugar and milk
Tea and coffee, with meals
Milk with meals
All soft foods
Milk soups
All sweets
Made dishes
Coarse vegetables
Fruits stewed with sugar
Pork
Veal
Bacon
Ham
Fish
Lobsters
Oysters and clams
Water with meals

AVOID

at all times and under all conditions, even after a so called "cure" is effected:

All fried foods
Sweets
Cooked fats of meat
Tea and coffee with sugar and cream with meals
Chocolate with meals
Salads with mayonnaise dressing
Pork
Veal
Sausages
Highly-seasoned sauces
Meat gravies of all kinds
Pies
Cake
Preserves
Iced food at the end of the meal
Pickles
Boiled cabbage
Boiled dinners in general
The outside pieces of baked or roasted meats
Hot breads, except crisp, well-baked waffles
Fruits stewed with sugar
Sea foods, except white-fleshed fish
Thick rich soups
Wines at meals

ATONIC DYSPEPSIA

MAY EAT

Orange juice
Apple juice
Grape juice
Blackberry juice
Baked potato, with a little butter and a drop of tabasco
Chopped meat cakes, seasoned with tabasco
Broiled steak
Roasted beef
Chicken
Turkey
Dainty green vegetable salads, with French dressing
Grape fruit
Oranges
Strawberries
Guava jelly
Orange marmalade
Cauliflower
Summer squash
Tapioca, flavored with fruits
Clam broth
Oyster bouillon
Beef tea
Chicken tea
Meat jellies
Milk
Koumys
Leban
Matzoon
Buttermilk

AVOID

All fried foods
Sweets
Bulk foods
Cereals
Soft breads
Hot breads
Pickles
Skins of fruit
Coarse vegetables
Pork
Veal
Pink-fleshed fish
Shad
Chocolate
Cocoa
Tea and coffee, with sugar and milk
Water with meals
Milk with meals

HUNGRY DYSPEPSIA

MAY EAT

Cream soups
Strained cereals
Baked potatoes
Boiled rice
Stewed macaroni
Hominy
Hominy grits
Baked sweet potatoes
Mashed and baked sweet potatoes
Pumpkin, baked or stewed
Stale breads
Green peas
Cauliflower
Spinach
Broiled, roasted or baked meats
Eggs
Milk and milk preparations
Nuts (a few)
Almonds with meat
Raw pineapple, grated, served as a sauce to broiled meats, or sliced, eaten with broiled meats
Light desserts, like fruit tapiocas
Very tender green salads

AVOID

Tea
Coffee
Pork
Veal
Fried foods
Sweets in general
Pickles
Bran bread
Pepper
Rich soups and sauces
Coarse vegetables
Beans with hulls on
Underground vegetables, with the exception of potato
Pears
Watermelons
Cantaloupes
Spiced foods

NERVOUS "DYSPEPSIA"

MAY EAT

Purée of lentils
Milk soups
Dry bread
Fruit juices
Oranges
Grape fruit
Baked potatoes
Boiled rice
Milk and milk preparations
Clam broth
Oyster bouillon
Broiled steak
Chops
Roasted beef
Mutton
Broiled chicken
Salisbury cakes
Rorer meat cakes
Scraped beef cakes
Crisp French bread
Fresh green peas
Spinach
Celery
Romaine
Lettuce
Stewed cucumbers
Dry boiled rice
Unroasted and unsalted almonds
A little cream
Cocoanut milk and cream
Well-cooked Wheatena or Wheatlet
Simple whipped-cream desserts
Orange marmalade
Guava jelly
Blackberry jam
Hard bread
Pilot biscuit
Water crackers
Eggs, except fried

AVOID

All meat soups
Acids
Pickles
All sweets
Pies
Puddings
Preserves
Cakes
Candies
All fried foods
Coarse vegetables
Cereals, except those mentioned
Fruits stewed with sugar
Tea
Coffee
Chocolates
Liquors, malt and alcoholic
All hot breads
Soft breads

ACUTE GASTRITIS

MAY EAT, in the Order Given

Predigested milk preparations
Peptonized milk gruels
Albuminized whey
Modified milk, without cream
Banana meal mush, with milk
Egg flip
Egg cordial
Almond milk
Koumys
Matzoon
Kefir
Leban
Meiggs' food
Fruit juices

Followed by

Cornmeal and arrowroot gruel
"Ye perfect food"
Broiled sweetbreads
Double soup
Double bouillon
Scraped beef cake
Scraped mutton cake
Soup à la Reine
Oatmeal mutton soup, strained
Veal broth

Later

Well-cooked light cereals, or the ready-cooked cereals, with milk
Very ripe subacid fruits, as peaches and fresh guavas
Cooked bananas
Strained blackberry and raspberry juice
Broiled scraped meat cake, with a little fresh grated pineapple
Broiled tender chops
Broiled birds
A little well-cooked rice
Somatose

AVOID

Fresh breads
Hot breads
All dry foods
Old peas, beans and lentils
Pork
Veal
Fried foods
Salt foods
Lobsters
Clams
Crabs
Shrimps
Rich soups and sauces
Highly-seasoned dishes
Coarse vegetables
Raw apples and pears
Acid foods, as pickles
Uncooked vegetables
Anchovies
Herring
Caviar
Alcoholic and malt liquors, unless ordered
Strong tea and coffee

CHRONIC GASTRITIS

MAY EAT

Predigested food, if necessary, but only occasionally
Broiled tender meats
White fish
Cream soups
Milk and milk preparations
Junkets of all kinds
Vegetable gelatin desserts
Milk gelose
Carefully-boiled rice
Tender lettuce or celery, occasionally
Stewed prunes, without skins
Eggs, carefully cooked
Cereals, strained and well masticated
Crackers
Dark grapes, without seeds or skins
Pilot bread
An occasional aleuronat gem
Cocoanut milk
Cocoanut cream
Tomato with cocoanut cream
Heart of lettuce, with cocoanut cream
Spinach
Green peas
Asparagus
Stewed cucumbers
Squash
Cooked cress
A little olive oil
A little cream

If Accompanied With Constipation, Add

Baked apples
Coddled apples
Scraped apples
Fig panada
Fruit juices in the early morning, and fig panada the last thing at night

AVOID

Pork
Veal
Oysters
Clams
Crustacea
Salt foods
Warmed-over meats
Fried foods
Candies
Puddings
Pies
Cakes
Sweets
Hot breads
Highly-seasoned foods
Beef tea
Tea, coffee and chocolate with meals
All liquors, unless ordered by a physician
Black pepper
Spices
Very little salt
Fats in general
Fruits with sugar, stewed or raw

ULCER OF THE STOMACH

MAY EAT

Predigested milk and oysters
Milk and milk preparations
Milk and vichy
Milk and apollinaris
Cream soups
Later, broiled chop
Finely-minced meats, carefully broiled
Broiled chicken
Sweetbreads
Tripe
Birds
Baked potato
Pulled bread
Unleavened breads
Warm cup custards
Soft custards
Boiled rice
Stewed cucumbers
Stewed summer squash
Green peas, pressed through a sieve
A little pulp of sweet corn, without the husk of the grains
Oysters, stewed and in soup
An occasional baked apple
Stewed prunes
Prune soufflé
Prune jelly
Vegetable jellies
Guava jelly

AVOID

All fried foods
Sweets
Severe acids
All underground and coarse vegetables, as cabbage, onions, turnips
Hot breads
Pastry
Uncooked vegetables, as lettuce, celery
Uncooked fruits
Coarse cereals
Condiments
Highly-seasoned sauces and soups
Rich dishes
Fruits stewed with sugar
Sea foods, except oysters
All salt foods
Old peas, beans and lentils
Fruit jellies, except guava

INTESTINAL INDIGESTION

MAY EAT

Beef, broiled, boiled, baked or roasted
Mutton, broiled, boiled, baked or roasted
Chicken, broiled, boiled, baked or roasted
Birds
Venison
White-fleshed fish, broiled or boiled
Eggs, soft-boiled, steamed, poached; yolks and hard-boiled, pressed through a sieve on milk toast
Sweetbreads, creamed or broiled
Olive oil, a little
Butter, a little
Whole wheat bread, well baked
Bread sticks; mush bread
Boiled rice
Rice pudding
Cup custard; junket
Soft custards
Koumys
Modified milk
Orange juice
Prunes, dates or figs, stewed without sugar
Lettuce
Celery
Cream soups, as spinach, celery, or lettuce
Carefully-cooked cauliflower
Roquefort or other ripe cheese in small quantities
The early spring mushrooms
New turnips, cooked below boiling point in unsalted water, served with cream sauce
Stewed cucumbers
Stewed squash
Baked bananas, cream, horseradish sauce
Very young peas, pressed through a sieve
Cress, chicory, endive, lettuce
A cup of coffee, alone, once a day
Very weak tea

AVOID

Boiled coffee
Boiled tea
All sweets
Fried foods
White bread
Crackers
Cakes
Small acid fruits
Pork in all forms
Veal
Turkey
Duck
Cooked cabbage
Starchy foods and sweets in general
Beets
Corn, green
Potatoes
Pickles
Spiced foods
Gelatin desserts
Red or dark fish
Salt foods
All the crustacea
Clams
Oysters
Iced water
Acid drinks
Flavored soda water

ACUTE INTESTINAL CATARRH

MAY EAT

Modified milk, without milk sugar
Albuminized water
Gelatinized water
Junket
Vegetable gelatin with fruit juice
Soft-cooked eggs
Eggs and milk
Meat cake
Broiled chops
Meat broths, with dry albumin
Predigested gruels
Aleuronat wafers
Almond wafers
Zwieback
Tea
Leban
Koumys, occasionally
Strained gruels
Meat juice
An occasional bit of toast
Grape juice
Strained orange juice
Apple juice
Blackberry toast
Elderberry jelly
Huckleberry jelly
Very ripe peaches
Fruit gelose

MUST AVOID

All vegetable foods
Coarse cereals
Fruits, except those mentioned
All acid foods, as pickles, etc.
Highly-seasoned meat soups
Bread
Coffee
All fats and fatty foods
Puddings
Pies
Cakes
Rich desserts
Sauces
Sea foods

ULCER IN THE DUODENUM

MAY EAT

White of egg and water
White of egg in whey
Modified milk
Meiggs' food
Barley water and milk
German food gruel
"Ye perfect food"
Rice water and milk
Milk and vichy
Albuminized milk
Mutton broth with barley, strained
Cocoa from the nibs
Weak tea

During Convalescence

Rice purées
Milk soups
Finely-chopped or scraped beef
Broiled chop
Soup à la Reine
Beef panada
Pulled bread
Swedish bread
Pilot bread
Hard toast
Orange and grape juice
Leban
Matzoon
Koumys
Clabber
A little honey
Occasionally tender heart of lettuce, with French dressing

AVOID

All vegetable foods
Fruits in general, except fruit juice
Sweets
Fatty and starchy foods
All sour foods
Raw vegetables
Gruels
Cereals
Pork
Veal
Crustacea
Oysters
Clams

CHRONIC CONSTIPATION

MAY EAT

Portuguese soup
Oatmeal broth
Cream of carrot soup
Veal broth
Coffee, with scalded milk, no sugar, alone in early morning
Well-cooked cereals
Steamed figs
Dates
Baked apples
Plums, very ripe and without skins
Grape fruit
Orange juice
Grape juice
Apple juice
Toasted shredded wheat and milk
Bran mush
Oatmeal mush
Wheatlet
All topground green vegetables, carefully cooked
Raw cabbage salad
Lettuce
Cress
Endive
Chickory
Celery
Celery and apple, with French dressing
Stewed macaroni without cheese
Baked potato
Baked pumpkin
Stewed squash
Nut foods in place of meat

MAY EAT—Continued

Buttermilk
Leban
Koumys
Matzoon
Zoolak
Kefir
Broiled white fish
Raw scraped apple, at night
Grated turnip, with salt, at night
Stewed grated carrot
Milk, with milk sugar added
Carefully-cooked spinach
Kale
Asparagus tips
Young peas
Bran bread
Graham bread
Whole wheat bread
Brown bread
Corn bread
Roman meal gems
Gelatin desserts
Vegetable gelatin desserts
Brown Betty
Bread and milk pudding
Fig panada
Chicken
Lamb
Mutton
Chopped meat cakes
Broiled steak
Stewed veal
Sweetbreads
Tripe
Sliced tomato, with cocoanut cream
Green vegetable salads
Fruit salads, French dressing
An abundance of water

AVOID

Milk with meals
Cheese and cheese preparations
All fried foods
Pies
Cakes
Preserves
Tea
Soft foods in general
Coffee and chocolate with sugar
Stewed fruit with meals
Pickles
White bread
Mashed potatoes
Fried potatoes
Beef tea
Consommé

APPENDICITIS

MAY EAT, in Early Stages

Milk and cream
Modified milk, with double quantity of sugar of milk
Meiggs' food
Egg and milk
Junket
Fruit juices, especially orange and apple juice
Prune pulp
Prunes, steamed, without skins
Grape fruit
Baked apple
Apple sauce
Cranberry jelly
All fruit jellies not too sweet
Coffee, if allowable

Later

Whole wheat bread, well buttered and masticated thoroughly
Cornmeal soufflé
Baked potato
Milk soups
Carefully-cooked, strained cereals
Spinach
Purée of green peas
Asparagus tips with French dressing
Sliced tomato without seeds
Purée of tomato
Stewed cucumbers
Stewed squash
Nut roll
Almond and apple pudding
Eggs, poached, steamed, and hard-boiled yolks
Artichokes
Jerusalem artichokes
Cauliflower
Purée of sorrel
Stewed rhubard
Boiled mutton, beef and chicken
White fish, broiled or boiled
Game

AVOID

All bulk foods
Skins of fruit and vegetables
Pork
Veal
All fried foods
Lobsters, crabs, clams and oysters
Mashed potatoes
Boiled cabbage
Underground coarse vegetables, as turnips
All complicated sweets
Toast, either dry, buttered or milk toast
Seeds of small fruits
String beans
Pickles of all kinds
Condiments
White bread
Soft drinks
Lemonade
Cocoa
Chocolate
Tea

CHRONIC DIARRHŒA

MAY EAT

Predigested milk
Modified milk, without milk sugar
Blackberry cordial
Elderberry toast
Blackberry toast
Mutton broth, with barley and rice
Browned rice gruel
German flour and milk
Barley gruel
Toasted crackers
Zweiback
Hard, dry toast
Weak tea
Mulled port wine
Port wine whey
Claret whey
Fresh grape juice
Concord grapes
Soft, ripe peaches

followed later with milk soups, hard crackers, lamb chops, boiled minced mutton, Cream of Wheat, well cooked and thoroughly masticated; a little boiled rice, and an occasional baked potato, as the patient grows better.

AVOID

Variety at meals
All vegetable foods, except baked potato and boiled rice
All uncooked vegetables
All fried foods
Coffee
All the crustacea, oysters, clams and fish
Soft breads
Rich sauces
Soups
Pork
Veal
Bacon
Ducks
Geese
Turkeys
Pies
Cakes
Puddings
Prunes
Figs
Dates
Pears
Rhubarb
Strawberries
Raspberries
Currants
Citrus fruits

ACUTE DYSENTERY

MAY EAT, in the Early Stages

Modified milk
Modified milk with albumin
Gelose with brandy
Meiggs' food
Modified milk, without sugar of milk
Mutton broth, boiled with rice or barley, and strained
Dry toast
Zwieback
Water crackers, well masticated
Boiled rice
Browned rice gruel
Arrowroot gruel
"Ye perfect food"
German food gruel
Blackberry jelly water
Blackberry drink
Blackberry juice
Grape juice
A few ripe blackberries, without cores
Very ripe peaches

MAY EAT, When Convalescing

Broiled, boiled or roasted mutton
White fish, broiled
Baked potato
Boiled rice
Cream of Wheat
Farina
Eggs, soft
Raw eggs
Milk and milk preparations
Junket
Occasionally tapioca, cup custards, soft custards
Zweiback
Pilot bread
Water crackers
Hard toast
White bread, without lard
Tea
Vegetable gelatin desserts
White of egg on orange juice
Dark, ripe grapes, without seeds or skins
Very ripe peaches
Toast water
Blackberry dishes
Elderberry jelly
Guava jelly
Orange marmalade

AVOID

All coarse vegetables
Bran bread
Cereals
Fruits, except those mentioned
Fats and fatty foods
Coffee
Beef
Pork
Veal
Chocolate
Cocoa
Raw vegetables
Gelatin
Sweets, pastries and preserves
Turkey
Duck
Goose

DIET IN HEMORRHOIDS

MAY EAT

Baked potatoes
Grated and stewed carrots
Carefully-cooked spinach
Cauliflower
Young sweet peas
All green vegetable salads—especially string bean salad
Onions, carefully boiled, baked, made into soup
Cereals, well cooked
Graham bread
Unleavened bread
Corn bread
Whole wheat bread
Nut milk
Vegetable gelatin dishes
Leban
Koumys
Matzoon
Buttermilk
Clabber
Broiled and roasted beef
Mutton
Chicken
Duck
Turkey
All fresh fruits
Dates
Figs
Prunes, cooked without sugar
Fruit juices
Tomatoes, raw or baked
Eggs
Butter
Cream
Cocoanut cream
Kefir
An abundance of water

AVOID

All fried foods
Pork
Veal
Fat meats
Fruits with seeds
Rhubarb
Pickles
Sour dishes
Asparagus
Boiled cabbage
Old beans, peas and lentils
Cheese
All spiced dishes
Alcoholic beverages unless ordered
Strong tea
Rich sauces
Meat soups
Puddings
Pies
Cakes
Candies

PERITONITIS

MAY EAT, in Early Stages

Modified milk
White of egg beaten with water
Strained mutton broth
Chicken tea
Chicken jelly
Beef jelly
Veal and lamb broth, strained
Port wine whey
Junket whey
Gelatin water
Toast water
Arrowroot gruel and milk

Followed by

Strained gruels
Milk and barley water
Koumys
Matzoon
Bonnyclabber
Buttermilk
Bartholow's Food
Beef panada
Gelatin bouillon
Bouillon à la Colbert
Semi-solid beef
Eggs

Later

Scraped meat cake
Broiled chop
Stewed tripe
Oyster soup
Oatmeal broth, with mutton
Cornmeal broth, with mutton
Sweetbreads
Chicken soufflé
Chicken puff
Chicken, in potato cases
Golden chicken
Ceylon chicken
Baked potato
Boiled rice
Stewed prunes
Baked apple
Fruit juices
Toast, hardtack or cocoanut fingers

AVOID, for a Long Time

Excessive fats
Starchy foods
Mashed potatoes
All underground vegetables
Coarse vegetables, as kale and cabbage
Condiments
All highly-seasoned meats, soups and sauces
Curd of milk, unless especially treated
Raw fruits, except orange juice and grape fruit
Sour foods
Raw vegetables

OBESITY

MAY EAT

Clear meat and vegetable soups
Meat broths, strained
Meats in jelly
Chicken tea
Chicken jelly
Chicken in jelly
Broiled, boiled and baked beef, mutton and chicken; occasionally veal
Broiled chipped beef
White-fleshed fish
Eggs, lightly cooked
Tender green vegetables, as cooked cucumbers, squash, string beans
Lettuce, chicory, celery, endive and raw cabbage, with lemon juice and a little oil
Stewed turnips
Spinach
Kale
Asparagus
Onions
Cauliflower
Brussels sprouts
Dandelions
Sour dock
Oysters, raw, broiled and boiled
Oyster bouillon
Clam broth
Bellevue bouillon
Artichokes
Olives
Tomatoes
Fruit juices, without sugar
Raw fruits, without sugar
Very little stale bread
Cocoanut fingers
Almond wafers
Aleuronat gems
Gluten gems
Junket from skimmed milk
Buttermilk occasionally
Ripe cheese, as parmesan and schmierkase
Hazel nuts and cob nuts
Soy preparations
Coffee, without sugar and cream
Clear weak tea
One glass of water between meals
Oranges
Grape fruit
Ripe peaches
Baked apple, without sugar and cream
Currants
Raspberries
Blackberries

AVOID

Milk soups
Butter
Cream
Olive oil, except a little on green vegetables
Sea foods, except white fish
Salt foods
Pork
Veal
All made meat dishes
Rich sauces and soups
Potatoes, sweet and white
Macaroni
Cereals

AVOID—Continued

Rice, except occasionally
Parsnips
Beets
Corn
All sweet dishes and candies
Malt and alcoholic liquors, unless ordered
All sweet wines, including champagne
Pickles
Bacon
Breads in general
Duck
Goose
Liver and kidneys
Dates and figs
Pears
Chocolate and cocoa
Water in large quantities

DIET FOR LEANNESS

MAY EAT

Cream soups
Broiled and boiled beef
Mutton
Turkey
Chicken
Game
Breakfast bacon
Good white bread, well baked
Baked potatoes
Asparagus
Onions
Cauliflower
Rice
Macaroni
Hominy and hominy grits
Well-cooked cereals, with cream
Salads
Butter and cream
Olive oil
Cocoanut cream
Nuts as pecans, black walnuts, piñons, a few almonds and peanuts
Sweet fruits
Light cream desserts
Plenty of cool, pure water

AVOID

All bulk foods, as cabbage, turnips, kale
Clear soups
Sea foods, with the exception of white-fleshed fish and oysters
Candies
All salt meats
Pies
Puddings
Cakes
Rich sauces
Liver and kidneys
Tripe
Pork
Veal
Pickles
Fried foods
Tea and coffee with meals

GOUT

MAY EAT

All forms of hard bread
Milk soups, without butter
Clam broth
Bellevue bouillon
Skimmed milk
Roquefort cheese, small quantity
Eggs, occasionally
Broiled bacon
Chopped meat cakes, broiled
Farinaceous foods and cereals
Rice
Purée of lentils
Sago and fruit
Tapioca and fruit
Strawberries, if they agree
Young peas
French canned peas
String beans
Celery
Stewed turnips
White potatoes, occasionally
Okra
Artichokes, French and Jerusalem
Stewed cucumbers
Light salads, little oil and plenty of lemon juice
Stewed summer squash
Cauliflower
Kohl-rabi
Baked eggplant
Lettuce, cress, endive

AVOID

Meats in general; pork, veal and salt meats in particular
All appetizers, as anchovies, caviar, herring and herring roe
All warmed-over meats and entrées
Fat foods in general
All fresh hot breads
Buckwheat cakes
Pastries, preserves and candies
All sweet drinks
Jams and jellies
Melons
Peaches
Plums
Nectarines
Apricots
Grapes
Figs
Bananas
Prunes
All sour foods and condiments
Pickles and spiced dishes
Indigestible foods, as mushrooms
Cheese
Such green vegetables as radishes, asparagus, rhubarb, spinach, tomatoes, garden cress, beets, parsnips, salsify and yellow turnips, because they are dense; boiled cabbage, onions, baked beans

RHEUMATISM

The Anæmic Rheumatics May Eat

Whole milk, with cream
Modified milk
Koumys
Leban
Matzoon
Buttermilk
Wheat germ food
Oatmeal
Stewed veal
Eggs
Eggs in milk
White of egg and milk
Hard-boiled yolks on milk toast
Milk toast
Purée of lentils
Nut soups
Peanut soufflé
Boiled rice
Stewed macaroni
Hard bread
Vegetable soups
Vegetable broth
Milk soups
Vegetable gelatin desserts
Baked apples
Orange juices
Grape fruit
Almond croquettes
Boiled or stewed chestnuts
Vegetable broth
Soup Crécy

AVOID

All fried foods
Preserves
Jellies
Soft breads
Hot breads
Red meats
Pork
Veal, fried or baked
Poultry, except white meat of chicken
Pies
Cakes
Puddings
Candies
Tea and coffee, with sugar and cream
Prunes
Figs
Dates
Coarse vegetables
Potatoes

RHEUMATISM

The Obese May Eat

Cream of Wheat, with milk
Shredded wheat
Farina
Tapioca
Sago
Banana mush
Soy bean mush
Hard toast
Skimmed milk
Gluten biscuits
Swedish bread
Ship biscuits
Pilot bread
Bent's water crackers
Milk toast
Toasted crackers, with milk
White of egg and milk

Later

Purée of rice
Soup à la Reine
Purée of old beans
Purée of green peas
Stewed macaroni
Boiled rice
An occasional baked potato
Yolks of hard boiled eggs
White of egg and milk
Orange juice
Grape juice
Apple juice
Lemonade
Baked apple, occasionally, without sugar
Blackberries
Blackberry jam, without seeds
Currant juice on raspberries
A little stewed veal
Broiled white meat of chicken
Nut foods
Peanut soufflé
Gruels

Nearing Recovery, Add

A little well-cooked spinach
Raw celery
Stewed celery
Tender lettuce, Romaine, endive, dandelions, with French dressing
Apple and celery, with French dressing
Broiled oysters
A bit of broiled fish
Lamb chop

At All Times

Carbonated water and vichy, with milk
Orange juice and white of egg
Orange juice and plain water
Grape juice
Apple juice

AVOID

All meat soups
Meat broths
Meat jellies
Red meats
Pork
Roasted and fried veal
Poultry, except a little chicken
Potatoes
All sweets
Sauces
Highly-seasoned dishes
Entrées
Preserves
Pickles
Coarse vegetables
Tea and coffee

CHRONIC RHEUMATISM

MAY EAT

All farinaceous foods
Shredded wheat
Farina
Oatmeal
Rolled wheat
Barley
Cornmeal mush
Cornmeal gems
Stale bread
Swedish bread
An occasional gluten biscuit
Broiled white fish
Eggs
Spinach
Stewed cucumbers
Squash
Kale
Brussels sprouts
String beans
Lima beans
Soy bean soufflé
Soy bean gems
Soy bean soup
Stewed veal occasionally

If the Patient is Anæmic, Add

Koumys, leban, matzoon, egg and milk

AVOID

The same as in Acute Rheumatism.

BILIOUSNESS

MAY EAT

Clam broth
Oyster bouillon
Nut milks
Leban
Koumys
Clabber
Buttermilk
Dandelions
All tender green vegetables, carefully cooked without fat
Delicate green salads, with French dressing
Tender celery
Fruit juices
Apples
Oranges
Grape fruit
Strawberries
Raspberries
Prunes
Figs
Grapes
Spinach
Kohl-rabi
Stewed cucumbers
Summer squash
Young peas
Water cress
Watermelon
Nut dishes
Broiled or roasted beef, mutton and chicken
Sweetbreads and tripe
Eggs occasionally
Junket
Milk and vichy
Lemonade
Raspberry vinegar
Blackberry vinegar
Plenty of water
A little black coffee before breakfast

AVOID

Fatty foods
Pies, cakes and puddings
Sweet dishes
Candy
Fruits stewed with sugar
Pears; peaches
Cantaloupe
Potatoes
All spices
Pepper
Salt in quantities
All fried foods
Veal; pork; sausages
Hot breads
Buckwheat cakes
Crustacea
Old peas and beans
Alcoholic and malt liquors
Tomatoes; turnips
Beets; carrots
Sweet potatoes
Cabbage; cauliflower
Brussels sprouts
Kale
Pickles
Rich sauces and soups
All salt foods
All dried fruits
The internal organs, as liver, kidneys
Cereals
Such oily dishes, as sardines, canned salmon; in fact all fish should be avoided
Corn breads
Tea and coffee with meals

CATARRHAL JAUNDICE

MAY EAT

Clam broth
Oyster bouillon
Chicken tea
Chicken jelly
Strained mutton broth
Junket whey
White of egg, shaken in water
White of egg in whey
Buttermilk
Leban
Matzoon
Zoolak
Fruit juices, with effervescing waters
Lemonade
Lemon squash
Orangeade
Nut milks

In Convalescence

Milk toast from skimmed milk
Beef broth
Beef panada
Broiled chop
Soup à la Reine
Raw fruit alone, not with meals
Zwieback
Clear coffee the first thing in the morning
Stewed cucumbers
Boiled summer squash
Raw tomato

AVOID

Sweets
Fats
Fried foods
Indigestible meats
Eggs
Pork
Veal
Bacon
Crustacea
Mollusks
Vegetable foods in general
Tea, coffee and chocolate

CIRRHOSIS

MAY EAT

Modified milk, without cream
Junket whey
Milk and barley water
Milk and rice water
White of egg and water
White of egg and whey
Grape juice
Orange juice
Apple juice
Koumys
Leban
Matzoon
Zoolak
Kefir

AVOID

Everything except the articles mentioned in the preceding list, until a change is ordered by the physician

GALL STONES

MAY EAT

Coffee early in the morning
Tea in the middle of the afternoon, without food
Lettuce, cress, cabbage, with French dressing
Brussels sprouts
Acid fruits
White bread
Unleavened bread
Gluten biscuits
Cocoanut sticks
Fruit gelose
Baked potatoes
Potatoes mashed and baked
Lemonade
Orangeade
Effervescing waters
Plain water in abundance
An occasional nut dish
Almond milk
Leban
Koumys
Buttermilk
Clabber
Albuminized milk
Albuminized whey
Orange juice and white of egg
Apple juice and white of egg
Baked apples
Strawberries
Strained currant juice, with effervescing waters
Grape juice
Grapes
A little stewed veal and lamb

AVOID

Whole wheat bread
Cereals
Spinach
Sorrel
Old peas and beans
Lentils
Carrots
Yolks of eggs
All fish
Meats in general
Calves' brains
Sweetbreads
Tripe
Liver, kidneys
Underground vegetables
All fruits, except those mentioned
Peaches
Bananas
Figs
Dates
Raisins
Prunes
Pies
Cakes
Puddings
Fried foods
Hot breads

SICK HEADACHE

MAY EAT

BREAKFAST

One cup of clear coffee, or
The juice of two oranges, or
A grape fruit, or
A saucer of prunes, without sugar, or
A mellow sour apple, well masticated

Each must be taken alone, without other food

10.30

A glass of zoolak, or buttermilk, or koumys, or clabber or skimmed sweet milk

12.30

A bit of white-fleshed fish, or
Chicken, boiled or broiled, or
Boiled calf's head, with lemon juice; or
Boiled calf's feet with lemon juice; or

Fruit juices, without sugar, served with:
Asparagus, spinach, cress, dandelions, endive, cauliflower, kohl-rabi, stewed cucumbers, summer squash, string beans without fat, or stewed tender celery

Breads allowable
Gluten biscuit, stale bread, whole wheat bread, Boston brown bread
Drink pure water between meals

Eat acid fruits with meat, rather than bread
Strawberries, oranges, grape fruit and water ices allowable now and then

AVOID

Tea, coffee and chocolate with meals
Soups at the beginning of meals
Pork
Veal
Turkey
Goose
Game
Red meats, except occasionally
Rich sauces
Puddings
Pies
Cakes
Sweets
Cabbage, cooked and raw
Kale
Peppers
Carrots, except grated, raw
Sweetbreads
Tripe
Liver
Sea foods, except white fish and oysters
Kidneys
Starchy foods, as potatoes, rice and macaroni

AVOID—Continued

Fresh white bread
Hot breads
Sour dishes
Pickles
Salads with mayonnaise dressing
Tomatoes
Old peas, beans and lentils
Sweet fruits
Fried foods
Fatty foods
Ice creams

URIC ACID DIATHESIS

MAY EAT

Cream soups
White-fleshed fish, broiled or boiled
An occasional bit of chicken
Soup à la Reine
Purée of lentils, peas and beans
Vegetable gelatins, unsweetened
Very little butter
Dishes made from white of egg
Coffee, cocoa, chocolate, broma, alkathrepta, racahout, without sugar
Skimmed milk
Modified milk
Whole wheat bread
Oatmeal bread
Unleavened bread
Crisp crackers
Well-cooked cereals
Rice without sugar
Macaroni and spaghetti, without cheese
Gluten mush
Gluten bread
An occasional aleuronat gem
Soups, maigre
Fresh green vegetables
Peas
Lima beans
Tender hearts of lettuce
Young celery
Baked potato
Globe artichokes
Stewed turnips
Jerusalem artichokes
Fruits without sugar
Fruit juices

AVOID

All sweets
Red meats
Sauces
Meat soups
Yolks of eggs
Fat
Pork
Veal
All pink-fleshed fish, crustacea, oysters, clams
Rhubarb
Gooseberries
Strawberries
Grapes
Pears
Dates
Figs
Raisins
Prunes
Currants
Coarse vegetables
Cheese
Milk, except in coffee and cocoa
Sour milk dishes, leban and koumys

ALBUMINURIA

MAY EAT

Water gruels, especially cornmeal gruel
Skimmed milk
Modified milk, without cream
Buttermilk
Skimmed milk koumys
Fruit juices
Carefully-cooked fruits, without sugar
Cream soups
Rice and rice preparations
Cereals with milk
Skimmed milk toast
Gluten toast, without butter
Baked apple, occasionally
Blancmange
Vegetable gelatin preparations
Stale breads
Cocoanut fingers
Gluten biscuits
Unleavened bread
Whole wheat bread
Corn breads

Later

Eggs may be added, but butchers' meats must be wholly excluded for a long while. Crisp crackers may now and then be substituted for bread. All topground vegetables are admissible, except boiled cabbage and onions.

AVOID

The same things that you would avoid in Nephritis.

FUNCTIONAL ALBUMINURIA IN CHILDREN

MAY EAT

Milk
Milk and barley water
Arrowroot milk gruel
Farina milk gruel
German flour gruel
Meiggs' food
Barley and rice gruel

Later

Hard-boiled yolk of egg over milk toast
Milk soups
Nut soups
Fruit juices
Carefully-cooked cereals
Boiled rice
Rice pudding
Purée of lentil meal
Carefully-cooked spinach
Cooked cress
Tender cauliflower
Cooked celery
Tender lettuce, with French dressing
Apples, raw and baked
Fruit gelose
Sour milk foods, as zoolak, matzoon and buttermilk
Very ripe small fruits
Stale bread
Whole wheat bread
Nut bread
Baked potato, occasionally

AVOID

Meats and meat soups
Sea food
White of egg
Fried foods
All sour foods, as pickles
Sweet dishes, as pastry, cakes, preserves and candies
Old peas, beans and lentils, except purée of lentil meal

Adults who have this disease may add to the preceding list a little chopped white meat of chicken, a bit of broiled white-fleshed fish, and occasionally hard-boiled yolks of eggs grated over milk toast.

CHRONIC BRIGHT'S DISEASE

MAY EAT, following the Milk Diet

Milk toast
Milk gruels
Cream soups
Carefully-made nut dishes
An occasional purée of lentils
Golden toast
Occasionally boiled white fish
Chicken timbale
Soup à la Reine
Topground vegetables
Baked potato
Cereals
Buttermilk
Skimmed milk clabber
Vegetable gelatin desserts
Fruits cooked without sugar
Dry bread
Whole wheat bread
Corn bread
Light green vegetable salads
Weak chocolate and cocoa; alkathrepta, broma and racahout

AVOID

All meats
Fish
Crustacea
Oysters
Clams
Coarse vegetables
All meat soups
Eggs, unless ordered
Hot breads
Fresh white bread
Tea
Coffee, unless ordered
All sweet dishes
Pickles
Spiced foods
Rich sauces
Pastry
Cakes
Preserves
Fruits stewed with sugar
Rhubarb

ACUTE NEPHRITIS

MAY EAT

Milk sipped slowly
Alkaline waters
Effervescing waters
Lemonade
Lemon squash
Imperial drink
Modified milk
Koumys
Buttermilk
Meiggs' food
Cornmeal gruel

If Edema is Present

Reduce the liquids
Farina, well cooked, without salt
Cream of Wheat
Boiled rice, pressed through a sieve, with cream, no salt or sugar
Two ounces of dry toast, with four ounces of cream

If Diarrhœa Occurs Give

Browned rice gruel twice a day
Evans' tea gruel

If Constipation Occurs Give

Buttermilk
Koumys
Leban, and an ounce of cream at each feeding
Sanitas almond meal soup
Nut milks
When solid foods are indicated:
Chicken timbale
Milk toast with cream
Farina pudding; blancmange
Tender green peas, pressed through a sieve
Rice
Whole wheat bread
Tender stewed celery
Dark grapes, without skin and seeds
A half dozen blanched, unroasted almonds
Baked apples
Apple juice
Orange juice
Grape juice
Bartholow's food
Carefully-cooked prunes
Gluten biscuits

AVOID

Red meats
Rich soups and sauces
Meat soups
Sweets; pastry
Pies; puddings
Spiced dishes; pickles
Tea; coffee
Sour salads
Fried foods
Sea foods; salt foods
Coarse vegetables
Hot fresh breads
New beets
Sweet corn
Raw cucumbers
Cantaloupes
Mushrooms
Cheese

CHRONIC NEPHRITIS

MAY EAT

Milk
Milk and barley water
Milk and rice water
Modified milk
Milk gruels, strained

Later

Milk soups
Toast
Water crackers

Later

Light white meats
Broiled white-fleshed fish
Freshly killed game
Cauliflower
Very young green peas, pressed through a sieve
Tender young corn
Fruits and fruit juices

AVOID

All raw vegetables
Salads with mayonnaise
Old peas, beans and lentils
Mushrooms
String beans
Asparagus
Red meats
All fried foods
Sweets
Rich sauces
Meat soups
Hot breads

OXALURIA

MAY EAT

White meat of chicken and lamb
White-fleshed fish, broiled or boiled
Stale white bread
Crisp crackers
Gluten biscuits
Orange juice
A half pint of hot water, one hour before each meal
Soft water between meals
Rice
Whole wheat bread
Rye bread
Shredded wheat biscuit
Oatmeal
Meiggs' food
Cornmeal water gruel
Prunes
Vegetable jelly desserts
Nut dishes
Milk toast, without butter
Dry toast, with a very little butter
Arrowroot gruel
Imported endive
New beets
String beans
Tender lettuce
Stewed cucumbers
Green peas
Weak tea
Cocoa

AVOID

Strong tea
Strong coffee
Chocolate
Carbonated water
Tomatoes
Onions
Spinach
Cabbage
Kohl-rabi
Brussel sprouts
Cauliflower
Sorrel
Fresh green peppers
Rhubarb
Citrus fruits
Apples
Pears
Strawberries
Cranberries
Currants
Cress
Liver
Kidney
Sweetbreads
Tripe
Salt foods
Meat soups
Gelatin dishes of all kinds
All rich and indigestible foods

CALCULI, RENAL

MAY EAT

Rice
Baked potato
Nut purées
Nut dishes in general
Almond milk
Stale breads
Hominy
Hominy grits
Stewed cucumber
Squash
Sweet fresh corn
Celery
String beans
Peas
Cauliflower
Cornmeal mush
Blancmange
Eggs, occasionally
Light salads, with a little olive oil and lemon juice
Fruits, cooked without sugar
Fresh fruits
Cream soups
Boiled white fish

AVOID

Red meats
Pork
Veal
Pink-fleshed fish
Sweetbreads
Liver
Brains
Tripe
All salt meats and fish
All highly-seasoned dishes
Spiced dishes
Butter
Bacon
Rhubarb
Carrots
Spinach
Sorrel
Cabbage
Cress
Brussels sprouts
Parsley
Meat soups
All fatty foods
Sweets
Pie
Cake
All cereals except farina and Cream of Wheat
Sour foods, like pickles
All small fruits, as raspberries, strawberries, currants, blackberries, cherries and plums, unless ordered by a physician

DIABETES

MAY EAT

Cream of turnip
Cream of oyster

Soups:
Clear meat soups
Tomato broth
Clam broth
Oyster broth
Chicken broth, with celery

Fish:
Fresh white-fleshed fish, broiled, boiled or planked
Oysters, in small quantities
Terrapin

Meats:
Beef, mutton, poultry and game, broiled, baked or stewed
Calves' sweetbreads
Tripe
Boiled calves' heads

Sauce:
Cream, egg and
Tomato without thickening

Eggs:
Eggs in all ways, except fried or hard boiled

Milk:
Skimmed milk
Skimmed milk junket
Cheese in small quantity

Vegetables:
Celery
Shaved raw cabbage
Carefully-boiled cucumbers, without sauce
Cauliflower
Broiled fresh mushrooms
Cress
Lettuce
Chicory
French artichokes, with butter sauce
Spinach
Raw tomatoes
Cymlins

Breads:
Almond wafers
Almond bread
Gluten bread, made from eighty percent. gluten flour
Gluten gems
Aleuronat gems
Aleuronat zweiback
Soy gems
Bran loaf
Bran wafers
Eighty percent. gluten biscuits

Fruits:
Oranges
Lemons
Grape fruit
In mild cases, peaches

Desserts:
Cup custard
Almonds
Brazilian nuts

Beverages:
Clear weak tea and coffee
Plain and aërated waters

Fats:
A little olive oil, with lemon juice, on lettuce
Cocoanut butter may be used on vegetables
A little unsalted, perfectly fresh butter may be taken once a day

AVOID

All warmed-over meat dishes
All highly-seasoned soups
Milk soups with thickening
Salt fish
Lobster
Crabs
Shrimps
Pink-fleshed fish
Clams
Scallops
Veal and pork, with the exception of broiled bacon
Liver and kidneys
Potatoes
Parsnips
Carrots
Peas
Salsify
Old Peas
Beans
Lentils
Sweet corn
Asparagus
Boiled cabbage
Canned mushrooms
Radishes
Raw cucumbers
Winter squash
Sweet potatoes
Yams
Breads and all cereals
Boiled coffee
Cocoa
Chocolate
Wines
Liquors
Beer
All fruits, except those mentioned
All sweets, pastries and puddings

FOODS ADMISSIBLE FOR CHILDREN

FROM THREE TO FOUR

MAY EAT

Milk and milk foods
Milk gruels
Milk soups
Buttermilk
Matzoon
Leban
Clabber
Junket and junket preparations
Well-cooked cereals
Vegetable gelatins with fruit juices
Fresh fruits and fruit juices
Nut preparations made from ground nuts
Whole wheat bread
Occasionally corn bread
Now and then, stale white bread
Carefully-cooked chicken, beef, lamb and white-fleshed fish
Warm custards
Occasionally, ice cream
Tender green vegetables, with French dressing
Baked potatoes
Potatoes, mashed and browned in the oven
Eggs, lightly cooked
Occasionally, soft boiled onions
Summer squash
Cauliflower
Stewed celery
Prunes, stewed without sugar
Sterilized dates
Baked and stewed bananas
An occasional mutton chop, broiled
Rice and rice preparations
Occasionally, carefully-stewed macaroni
Simple desserts, as blancmange, rice pudding, fruit gelatins, cup custards, soft custards, dishes made from fruits

AVOID

All sweet made dishes
Meat soups
Highly-seasoned foods
Gravies
Bread and butter and sugar
Butter highly salted
Undercooked cereals
Fried foods
All hot fats
Fat meats
Sea foods, except white fish
Cakes
Preserves
Pastry

FROM FOUR TO TEN

BREAKFAST

Cream of Wheat
Farina
Hominy grits
Cornmeal mush
Oatmeal
Rolled wheat
Shredded wheat
Puffed rice
Corn flakes
Stewed prunes
Stewed figs
Chopped dates
Whole wheat bread, well buttered
Milk or cream, according to the cereal
Baked apples
Baked bananas

DINNER

Purée of peas, beans, lentils and peanuts
Baked potatoes
Boiled rice
Carefully-stewed macaroni
Boiled chestnuts, with cream sauce
Occasionally chopped white meat of chicken
Soup à la Reine
Chicken boudins
A little chopped mutton cake
Clopps
An occasional piece of broiled white fish
Eggs à la Martin
Poached eggs
Eggs Cardoze
Eggs Jefferson

Vegetables:

Stewed cucumbers
Young peas
Green corn, pressed from the cob
Summer squash
Carefully-cooked spinach
Tender lettuce, with French dressing
Cooked cress
Cooked kale
Stewed celery
Stewed grated carrots
Stewed turnips with cream sauce

Desserts:

Junket and junket preparations
Tapioca and sago, with fruit juice
Cup custards
Soft custards
Floating island
Vegetable gelatins with fruit juice

SUPPER

Rice pudding and toast
Poached eggs on toast
Beauregard eggs
Cereals
Milk toast
Golden toast
Junkets and toast
Milk soups and toast
Whole wheat bread and butter
Toasted crackers and butter
Milk crackers
Toasted pilot bread, with milk
Cornmeal mush and milk
Leban
Buttermilk and brown bread

AVOID

Strong meat soups
Rich sauces
Stewed fruits with sugar
All coarse vegetables
All fried foods
Pickles
All complicated sweets, like cakes, pies, preserves and puddings
Fruits and cream
Crustacea
Pink-fleshed fish
Oysters
Clams
Tea
Coffee
Chocolate
Cocoa
All red meats
Raw nuts, unless ground
Candies
Bread and sugar
Cookies
Sweet crackers
Foods between meals, except fruits
Lemonade
Soda waters
All soft drinks

MARASMUS

MAY EAT

Cream
Olive oil
Cocoanut cream
Modified milk, with cream
Orange juice
Cream and barley water
Cream and plain water
Meiggs' food
Barley water and top milk
Barley water, milk and cream
Rice water, milk and cream

MEASLES

MAY EAT, During the First Three Days

Milk and hot water, half and half
Hot milk and barley water
Warm water, with a little sugar and cream
Whey and grape juice

Later, When the Appetite Appears, Give

Milk soups
Milk toast
Farina
The top of a shredded wheat biscuit, with milk
Cream of Wheat
Thirst may be allayed by weak tea, clover tea, or hot water with sugar and milk

When Convalescing, Give

Cereals and milk, with the exception of oatmeal
Cream soups
Cup custards
Blancmange
Junket
Egg junket
Eggs, lightly cooked
Plum porridge
Fruit and fruit juices
Baked potato, carefully mashed
Plain boiled rice, with milk
Potato soufflé
Potato timbale
Rice dumplings
Rice cream
Rice pudding

AVOID

All meat dishes
Meat soups
Sauces
Gravies
Cakes
Pies
Preserves
Ice cream
All cold dishes
Sea foods
Hot breads
Coarse vegetables

CHOREA

MAY EAT

Eggs and egg preparations
Milk and milk preparations, excepting koumys
Cream
Broths
Cream soups
Whole wheat bread
Cup custards
Soft custards
Fruit juices
Vegetable gelatin, flavored with fresh fruit
Carefully-made nut foods
Now and then a piece of white meat of stewed chicken
An occasional lamb chop, but never at the same meal with eggs or milk
All carefully-cooked topground vegetables

AVOID

All sweets
Highly-seasoned made-over dishes
Coarse vegetables
Pickles
Red meats
Bulk foods
Tea
Coffee
Chocolate
Puddings
Pies; cakes
Such raw vegetables as cucumbers, cabbage, or the outside stalks of celery

DIPHTHERIA

MAY EAT

Modified milk
Eskay's food
Albuminized milk
Cream and whey
Arrowroot gruel
Meiggs' food
German flour gruel
Pineapple juice
Mutton tea
Vegetable bouillon
"Ye perfect food"
Cream, eggs and beef
Cornmeal gruel
Eggs and whey
Plum porridge
Beef meal

MUMPS

MAY EAT

Milk
Milk soups
Mutton broth
"Ye perfect food"
Semi-solid beef
Beef gruel
Egg and milk
Cream soups, and such milk foods as kefir, buttermilk, almond milk, albuminized milk, plum porridge, arrowroot milk and milk gruels

WHOOPING COUGH

MAY EAT

Milk
Milk and barley water
Milk and white of egg
Gelatinized milk
Milk, rum and isinglass
Eggnog
Egg soup
Chestnut soup
Warm cup custard
Soft custard
Floating island
Well-cooked cereals
Junket
Buttermilk
Milk toast
Milk toast with hard boiled yolk grated over
Egg flip
Chicken broth, with rice
Soup à la Reine
Strained mutton broth
Fruit juices
Lemon and orange Irish moss
Fruit gelose

AVOID, During the Severity of the Disease

All solid foods and fruits, except orange and lemon juice

ENURESIS

MAY EAT

Eggs, simply cooked
Well-cooked cereals, with milk or cream
Dry toast
Milk toast
Stewed prunes
Stewed figs
Baked bananas
Milk and milk preparations
Carefully-cooked chicken
White-fleshed fish
Boiled rice
Baked potato
Young peas
Spinach
Sweet corn
Very young turnips
Tender celery
Fruit tapiocas
Blancmange
Custards
Fruit gelose
Whipped cream
Zwieback
Toasted rusk
Light crackers
Whole wheat bread
Gluten bread
A few ground nuts, between bread and butter

AVOID, at All Times

Tea
Coffee
Spiced foods
Red meats
Sour foods
Candies
Cakes
Rich puddings
Pies
Pork
Veal
Fried foods
All meat soups
Hot breads
Bran breads
Coarse vegetables
Eating between meals
Liquid foods after four o'clock

DIET FOR THE AGED

MAY EAT

Vegetable soups
Milk soups
Meat broth
Purées of peas, beans and lentils
Celery and oatmeal broth
An occasional piece of broiled white fish
Klopps
Boudins
Mutton casserole
Chicken timbale
Golden chicken
Salisbury steak
Lamb
Broiled chicken
Stewed tripe
Mutton pats
Sweetbread
German chicken puff
Chicken soufflé
Ceylon chicken
Minced chicken on toast
Eggs, except fried
Milk and milk preparations
Junket; egg junket
Cocoa junket; frozen junket
Koumys; leban; kefir
Kefir, with egg
Buttermilk
Blancmange
Milk jelly
Occasionally gruels
Occasionally ice cream
Peanut wafers
Peanut soup
Piñon butter
Mock candy
Fruits and fruit juices
Baked apples
Apples in all ways, except fried
Orange juice
Ambrosia
Baked bananas
Fruit toasts
Ceylon pudding
Caramel custards
Cocoanut custards
Rice potato
Baked potato
Creamed potatoes
Potato puff; potato purée
Boiled rice; steamed rice
Rice pudding
Hominy grits
A little green corn
Carefully-stewed spaghetti
Occasionally baked sweet potato
Stewed pumpkin
Pumpkin custard
Young peas
Stewed cucumbers; stewed squash
Occasionally tomato, if admissible
Cauliflower
Kohl-rabi
Grated carrots, stewed
Stewed celery
Tender lettuce and cress, with French dressing
A little fruit jelly
Toast
Whole wheat bread
Pulled bread
Rusk
Swedish sheets
Peptic bread
Nut loaf
Oatmeal gems
Rice gems; cornmeal gems
Crisp crackers
Cereals
Coffee, tea and chocolate between meals

AVOID

Pork
Veal
Pink-fleshed fish
Rich sauces
Meat soups
Strong tea and coffee
Thick chocolate, except at night, taken alone
All coarse vegetables
Boiled cabbage
Baked beans
Pea pudding
Parsnips
Greens boiled with meat
Preserves
Pies
Cakes
Heavy puddings
Pickles
Vinegar, except very little
Candies
Tomatoes in general
Eggplant
Stuffed peppers
Entrées
Soft breads
Hot breads, except those mentioned
Mashed potatoes and gravy
Fruits and cream
All fried foods
Breads with lard
Such dishes as pepper mangoes
Sweet pickles
Spiced foods
Oysters
Clams
Crustacea
Stimulating meat soups

FEEDING IN FEVER

MAY EAT

Milk
Milk and barley or rice water
Strained milk gruels
Strained plum porridge
Koumys
Matzoon
Leban
Zoolak
Junket
Frozen cream
Milk and albumin
Nut milk, strained
Fruit juices, strained
Beef tea
Beef essence
Restorative beef tea
Nutritive beef tea
Beef tea congealed with vegetable gelatin
Vegetable gelatin in fruit juices
Chicken tea, solidified with vegetable gelatin

When Convalescing, Add

Eggs and milk
Beef panada
Cream soups
Soup à la Reine
Broiled sweetbread
Creamed sweetbread
Baked potato
Milk toast
Eggs, coddled or poached

AVOID

All solid foods, unless ordered by a physician

TYPHOID FEVER

MAY EAT

Milk; milk and barley water
Milk and rice water
Modified milk
Peptonized milk
Koumys; Zoolak
White of egg and water
Beef teas
Beef extract; beef essence
Carefully-strained broth
Fruit juices, strained
White of egg, served on orange juice
Beef tea and nutritive beef tea, solidified with vegetable gelatin
Chicken broth, strained, solidified with vegetable gelatin
Lemon and orange vegetable gelatin
Tamarind and lemon whey

If Vomiting Occurs

Add lime water to the milk
Stop beef tea
Increase the fruit juices

If Diarrhœa Appears

Use ground rice gruel and milk, strained
Toast water, strained, to allay thirst
Ground rice gruel and milk, peptonized

Convalescing

Milk toast
Beef panada
Beef juice on French bread
Yolk of hard boiled egg, grated over milk toast
Baked mashed banana, with cream
Broiled bird
Carefully-made cream soups
Potato timbale
Pumpkin timbale
Potato soufflé; stuffed potato
Broiled sweetbread
Coddled or poached eggs
Broiled chop
Scraped beef cake
Soup à la Reine
Floating island; cup custard
Cocoa; racahout
Well-cooked farina and cream
Golden nog; egg cordial

AVOID, in the Early Stages

All solid foods, unless ordered by a physician

AVOID, During Convalescence

Coarse vegetables
Cereals with husk
Whole wheat and brown bread
Hot breads
Complicated soups and sauces
Raw fruits, unless ripe and soft
Sweets
Pickles
Sea foods, except white-fleshed fish

DENGUE FEVER

List of foods the same as for ordinary fever cases

MALARIAL FEVER

MAY EAT, the First Two Days

Yolk of egg, shaken in a half pint of barley water, every two hours

Next Three Days

White of egg in a half pint of water, alternated every two hours with milk and lime water

Later

Milk, koumys, zoolak, matzoon, buttermilk, nut milks, and fruit juices, at alternate feedings

Later

Gruels
Green peas
Spinach
Dandelions
Cooked cauliflower
Stewed cucumbers
Summer squash
Baked potato
Boiled rice
White-fleshed fish
Chops
Scraped meat cake
White meat of chicken
Eggs, softly cooked
Whole wheat bread
Brown bread
Pilot bread
Gluten gems
Aleuronat gems
Well-cooked oatmeal, with milk
Farina
Barley
Rye mush

AVOID

All coarse vegetables
Fatty foods
Sweets
Tea
Coffee
Chocolate
Fried foods
Hot breads
Preserves
Pies
Cakes
Puddings
Mixtures of egg and milk, as deserts
Tomatoes

SCARLET FEVER

MAY EAT, in the First Stages of the Disease

Peptonized milk
Milk and barley water
Milk gruels
Koumys
Matzoon
Zoolak
Junket
Junket with cream
Frozen orange juice
Frozen grape juice
Fruit juices

Later

Milk toast
Well-cooked cereals, with milk
Baked potato
Boiled rice
Carefully-stewed macaroni
"Ye perfect food"
Meiggs' gruel
Lentil flour soup

Orangeade, orange juice and lemonade throughout the disease

AVOID

Meats, meat soups and meat extracts
Sea foods
White of egg
Old peas, beans and lentils
Coarse vegetable foods
Sweets
Pickles
Rich soups and sauces

YELLOW FEVER

May Try

Albuminized water
Lime water and milk
Bicarbonate of soda and water
Bicarbonate of soda and milk
Whey
Whey in white of egg

AVOID

All meat preparations in hot climates
Sugar
Sweets of every kind
All solid foods until the patient is on the road to recovery

SMALLPOX

MAY EAT, When the Appetite Appears

Milk and milk preparations
Milk soups
Nut milks
Egg and milk
Egg flip
Well-cooked Cream of Wheat and farina, with milk
Zoolak
Matzoon
Koumys
Water gruels, strained

Later, When the Fever Subsides

A baked potato
Milk toast
Yolk of egg grated over milk toast
Milk preparations
Lightly-cooked eggs
White bread
Pilot bread
An occasional cup custard
Tapioca puddings
Tapioca with fruit
Vegetable gelatin with fruit juices
Lemon and orangeade, between feedings

During Convalescence

Broiled chop
White meat of chicken
Broiled sweetbreads
Well-cooked cereals, with milk and cream
Rice puddings
Cup custards
Junkets
Whole wheat bread in the place of white
Baked potato
Boiled rice
Carefully-stewed macaroni
Carefully-cooked hominy grits

AVOID

Meats
Meat soups
Coarse vegetables
Brown bread
Rich sauces
All complicated dishes, as pies and cakes
Bread made with sugar and lard
All fried foods
All made-over dishes

ECZEMA IN CHILDREN

MAY EAT

Soups made from milk and green vegetables
Ladies' cabbage
Spinach
Carefully-cooked peas
Stewed cucumbers
Summer squash
Carrots, carefully cooked
Whole wheat bread, without lard
Unleavened bread
Zweiback
Crackers
Occasionally brown bread
Modified milk
Cream of Wheat
Farina
Shredded wheat
Toasted corn flakes
Butter, in moderation
Baked apples
Stewed apples, with very little sugar
Grapes
Fruit juices
Skimmed milk
Buttermilk
Koumys
Leban
Clabber
Schmierkase
Eggs, occasionally
Lettuce, cress, and light green vegetables, with a little olive oil and lemon juice

AVOID

Tea, coffee, chocolate and cocoa
Fats in excess
Sweets
Pastries, cakes and puddings
Starchy foods
Pickles
Fried foods
Food containing lard
Salt foods
Liquors, both malt and alcoholic
Cambric tea
All highly-seasoned foods
Underground and coarse vegetables
Cereals
All fish, the crustacea, oysters and clams
Pork
Veal
Small fruits, with the exception of blackberries
Pears
Cantaloupes

NETTLE RASH

MAY EAT

Mutton
Chicken
Cream soups
Fruits, except strawberries, pears and plums
Orange juice
Fruit desserts, with tapioca or arrowroot
An occasional baked potato
Boiled rice
Topground green vegetables
Green salads, with French dressing
Orange salad
Grape fruit salad
Whole wheat bread, well buttered
Pilot bread
Swedish bread
Toast
Brown bread
Graham bread
Gluten bread, occasionally
Purée of lentils
Purée of peas
Nut foods
Vegetable gelatin desserts
Milk toast
Light egg dishes, especially those made from hard-boiled yolks

AVOID

All coarse vegetables
Mashed and fried potatoes
Boiled cabbage
Kale
Pork
Veal
Lobsters
Crabs
Fish
Oysters and clams
Pickles and foods in vinegar
Rich sauces
Mayonnaise
All meat soups
Fried foods in general
Pies
Puddings
Cakes
Candies
Sugar
Tea
Coffee
Chocolate
Cocoa and cocoa preparations
Entrées
Strawberries, pears, plums

ACNE

MAY EAT

Broiled lamb
Carefully-cooked chicken
Beef occasionally
Eggs
Skimmed milk
Buttermilk
Leban
Koumys
Matzoon
Whole wheat bread
Brown bread
Unleavened bread
Boiled rice
Cream of Wheat
Farina, with milk
Stewed macaroni
A little cheese
Eggs, except fried
Fruits and fruit juices
Gelose with fruits and skimmed milk
Lemon, orange and grape gelatin, with very little sugar
Game, carefully cooked
Mutton broth
Chicken broth
Noodle soup
Occasionally nut loaf
Zweiback
Virginia wafers
Maryland biscuit
All fruits, except strawberries and currants
Prune dishes

AVOID

Sea foods
Fried foods and fats
Pies, cakes and puddings
Hot breakfast breads
Syrup
Pork
Veal
Smoked and salted meats
Tea, coffee and chocolate
Fish, crustacea, mollusks
Fresh American cheese
Cream
Gravies
Rich soups
White bread
Coarse vegetables, as turnips, beets, sweet potatoes, pumpkin
White potatoes, except occasionally
Fruits stewed with sugar
Jellies and preserves
Bacon
All alcoholic and malt beverages

ALCOHOLISM

May eat, from four to eight days: Predigested foods, if necessary, followed by orange juice, beef tea with a drop of tabasco, and the following list:

Clam broth
Beef tea
Egg broth
Vegetable broth
Koumys
Buttermilk
Leban
Matzoon
Zoolak
Eggnog
Albuminized milk
Fresh fruits
Orange juice
Grape juice
Grape fruit
Almond milk
Cocoanut milk
Cocoanut cream
Tiger's broth
Egg flip
Gruels with dry toast
Milk toast
Pulled bread
Hard dry bread
Whole wheat bread, toasted
Pilot bread
Crisp wafers, without sugar
Twice a day six almonds, blanched, not toasted
Nut milks

AVOID

Meats in general, pork and veal in particular
Fish
Oysters
Lobsters
Crabs
Fried foods
All highly-seasoned foods
Cheese, both new and old
Fruits stewed with sugar
Hot breads
Sweets in general; pastry and cake in particular
Pickles of all kinds
Tea and coffee with foods
Chocolate

After Eight Days, May Eat

Scraped beef cake
Carefully-stewed mutton
Broiled chicken
Beef broths
Cream soups
Boiled rice
All forms of dry, hard bread
Stewed macaroni
Young green peas
Tender lettuce, with French dressing, lemon juice always in place of vinegar
Fresh fruits
Fruit juices
Carefully-prepared nut dishes in place of meat
Eggs and milk

AVOID, for All Time

All highly-seasoned dishes
Cold dishes
Iced water
Tea and coffee with foods
Chocolate
Pickles
Underground vegetables
Coarse topground vegetables
Clear soups

DELIRIUM TREMENS

Diet list is the same as in Alcoholism

CANCER

MAY EAT

Farina
Cream of Wheat
An occasional shredded wheat biscuit
Puffed rice
Boiled rice
Baked potato
Stewed macaroni
Spinach
Green peas, pressed through a sieve
Very young string beans
Boiled cucumber, with cream sauce
Boiled squash, with sauce Hollandaise
Cauliflower
Kohl-rabi, with cream sauce
Artichokes
Globe artichokes
Very tender celery
Hearts of lettuce; corn salad (*Valerianella olitoria*, Poll.); imported endive; native endive; chicory; all with French dressing
Desserts:
Fruit tapiocas
Tapioca with fruit juices
Sago
Rice pudding
Cup custard
Soft custard
Mock charlotte
Blancmange
Vegetable gelatin desserts
Any of the various nut preparations in small quantities
Junket whey, once or twice a week

AVOID

All red meats
Oatmeal
Rolled wheat
Barley
Baked beans
Coarse vegetables
All underground vegetables, except carrots and potatoes
All fried foods
All made dishes
Sweets
Strong tea, coffee and chocolate

EXOPHTHALMIC GOITER

MAY EAT

Modified milk
Eskay's food
Leban
Koumys
Matzoon
Kefir
Buttermilk
Milk
Plum porridge
Milk soups
Junket
Almond milk with isinglass
Milk and lime water
Gelatinized milk
Arrowroot and milk
Meiggs' food
Lentil milk gruel
"Ye perfect food"
Cornmeal gruel, with milk
Schmierkase
Prunes, dates, figs; alone in the morning, or at night
Sweetbreads, broiled, boiled or stewed
White meat of chicken
Light topground vegetables
An occasional baked potato
Unleavened bread
Whole wheat bread
Crackers
Pilot bread
Eggs, if they agree
Purée of lentils
Revalenta Arabica
Oranges and grape fruit
Cream, butter and olive oil

AVOID

Tea
Coffee
All red meats
Pickles
Spices
Salt foods
Fish
Lobsters
Crabs
Underground and coarse vegetables
Oatmeal
Mashed potatoes
Fried foods
Sweets
Chocolate
Cocoa
Pears
Raw apples
White breads
Soft breads
Alcoholic and malt liquors
Lemonade
Effervescing waters
Mineral waters of all kinds

LOCOMOTOR ATAXIA

MAY EAT

Poached eggs on bacon
Boiled eggs, with well-buttered bread
Broiled bacon, with whole wheat bread
Wheat germ cereal, well cooked, with cream
Farina and cream
Cream of Wheat, with cream
Two broiled chops, with one corn gem
Broiled young chicken, with pulled bread
Purée of lentils, baked potato, and well-buttered bread, followed by cup custard
Boiled, baked or broiled mutton or lamb
Stewed chicken
Plain omelets
Omelets, garnished with oysters, peas, or with tomato sauce
Nut roll
Beef cakes, broiled
Baked potatoes
Boiled rice
Spaghetti stewed in stock
Cucumbers or squash, stuffed with meat
Young green peas
Young tender lima beans
Artichokes
Very young carrots
Spinach
Cauliflower
Cress
Lettuce
Tender celery
Fresh fruits
Bread and milk
Toasted rusk and milk
Eggs and milk, with pulled bread
Cream soups and bread
Broth with rice or barley
Well-cooked cereals
Milk toast
Any of the milk preparations
Buttermilk and brown bread
Leban, with a little honey and toast

EPILEPSY

MAY EAT

Chicken occasionally
Broiled white-fleshed fish
Eggs and egg dishes
Milk and milk preparations
Dishes made from old peas, beans and lentils
Baked and boiled potatoes
Boiled rice
Macaroni or spaghetti
Boiled chestnuts in chestnut season
New green peas
New green corn, pressed from the cob
Stewed squash
Stewed pumpkin
Spinach
Cauliflower
Celery
Grated carrots, cooked in water, cream added, as a purée
Stewed onions
Lettuce
Cress
Endive
Fresh fruits, with the exception of pears and cantaloupes
Prunes
Prune dishes
Well-cooked cereals
Tapioca and fruit
Tapioca custards
Whole wheat bread
Stale bread
Crackers
Wafers
Toast
Milk toast
Toasted rusks and milk
Mush bread
Corn bread occasionally

AVOID

Red meats
Salt foods
Coarse vegetables
Pork
Veal
Goose
Duck
Rabbit
Watermelon
Hot breads
Tea
Coffee
Chocolate
Pickles

ERYSIPELAS

MAY EAT

Arrowroot gruel
Barley and rice water, with milk
All kinds of infants' foods
Milk and white of egg
Nut milks
Milk and vichy water
Orange juice
Grape juice
Apple juice

Followed by

Carefully-cooked farina
Cream of Wheat
Well-baked whole wheat bread
Milk toast
Egg toast
Coddled eggs
Junket
Koumys
Leban
Matzoon

Later

Broiled chop
Broiled chicken
Boiled rice
Baked potato
Carefully-cooked spinach
Cress
Lettuce
Grape fruit
Baked apple
Sliced orange

AVOID

All sweets
Fried foods
Excessive fatty foods
Butter, except in moderation
Thick cream
Devonshire cream
Red meats
Fish
Oysters
Clams
Crustacea
Desserts in general

INSOMNIA

MAY EAT

BREAKFAST, IN BED

Carefully-cooked cereals, with milk or cream
Toast and butter, or
Toast and milk

10.30

Buttermilk
Zoolak
Plain milk

DINNER, 12.30

Boiled, baked or broiled beef, mutton, chicken
Sweetbreads
Tripe
Boudins
Clopps
Mutton en casserole
Mutton pats
Mutton cakes
Almond mutton or beef cake
Rorer beef cake
Broiled white-fleshed fish
Baked potato
Boiled rice
Spinach
Cauliflower
Asparagus
Tender celery
Lettuce
Endive, with French dressing

SUPPER, 6 O'CLOCK

A half pint of chocolate or cocoa, with a piece of toast
Buttermilk
Koumys
Zoolak
Junket
Milk gruels
Cream of Wheat
Gluten mush and milk
Well-made cornmeal mush
Poached eggs
Milk toast
Dry toast and milk

AT BED-TIME

Six ounces of hot milk, sipped slowly

AVOID

All fried foods
Sweets
Coarse vegetables
Hot breads
Irregular eating between meals
Heavy foods after the dinner
All sea foods, except white-fleshed fish and oysters
Pears
Fruits stewed with sugar
Preserves
Cake
Hot toast with butter
Spiritous and malt liquors, unless ordered by a physician
Tea, coffee and chocolate

ACUTE MENINGITIS

MAY EAT, Following Rectal Feeding

Milk, diluted one-third water
Junket whey
Lemon whey
Nut milks
Orange juice
Grape juice
Orange juice and white of egg
Meiggs' food
Vegetable gelatin water
Vegetable gelatin milk
Brazilian nut milk
Cocoanut milk and white of egg
Eskay's food
Arrowroot gruel and milk
Rennet whey
Predigested foods
Peptonized milk
Peptonized milk lemonade
Peptonized milk with cereals
Panopepton jelly with orange

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